

THE FELL RUNNER

AUTUMN 1975





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THE FELL RUNNERS' ASSOCIATION

THE
FELL RUNNER

The Magazine for Fell and Mountain Runners and all
who are interested in the sport.

SIXTH ISSUE - NOVEMBER, 1975

Editorial,

We have made it at last with another issue! As a newcomer to the association it has taken me a while to get straightened out and an issue in May this year just was not possible. It is however my intention to publish every 6 months from now on if funds permit and you continue with the flood of excellent material.

I am sure that you will enjoy reading this issue as much as I have enjoyed compiling it from the great quantity and quality of reports and articles sent in. Please accept my apology if your particular contribution has not appeared. Some reports have been duplicated, some material has dated in the passage of time and some has just had to be held over for the next issue because of limited space. To post all your copies would have cost over half as much again as the cost of producing this issue so I hope you will bear with us if you do not all receive your copies at once.

This last summer season has seen a considerable amount of activity, particularly in Lakeland where it seems that runners may soon be outnumbering the more leisurely walker! This issue contains reports on most of the outstanding activities of the summer including, of course, Joss Naylor's incredible 24 hour record. Our congratulations also to the new 'fell runner of the year' Mike Short. It is refreshing to have a new name every year and I am sure that Mike will have plenty of challengers next season.

COVER PHOTO: Martin Weeks attacking Craig Dhu at the Newtonmore Games in August this year. Martin finished second behind the Scottish Champion, Brian Finlayson on this occasion.

There are a number of race results and reports that I have been unable to get hold of. Please let me have these for the next issue as well as articles about lesser known runs, outstanding performances and some more of those numerous articles please.

Peter Knott, Magazine Editor.

CHAIRMAN'S NOTES

In the course of the last three years there has been a continued upsurge in the number of fell runners taking part in our events. The number of events has also increased and all show increasing entry lists. Several of our runners have taken part in foreign races with considerable success. There is no doubt that fell running can hold its own with any other sport in the country.

The enlarged scope of our activities is very welcome but brings additional responsibilities to organisers and fell runners. We must keep the sport in the same tradition of friendliness as hitherto and we must avoid arousing antagonism in other quarters by our continued and increasing use of the hill and fell country which we all love.

Without the help and co-operation of landowners and official bodies we could not possibly stage the number and variety of events as we do to-day and I appeal to everyone to help in every way possible that the present happy relationship continues.

The Fell Runners' Association with its events list and News letters continues to provide an opportunity for everyone to express their own opinions and to have a say in the organisation of their sport. This means hard work by the Association Committee and I am sure all fell runners will join with me in thanking them for the unstinted effort they put in.

F. Travis. Chairman. Sept. 1975.

EXTRACTS FROM THE A.G.M. HELD ON APRIL 5TH, 1975

Chairman, Frank Travis, announced the Fell Runner of the Year Award to Jeff Norman and after reference to increased interest in fell running outlined the

origins of the F.R.A. Finally he thanked the Committee for their past work in particular, Michael Davies for his outstanding work as Newsletter Editor and John Haworth for his meticulous efforts as Statistician. Neither of these officers were able to continue in office.

In his report, Secretary George Broderick, made reference to a newly proposed European fell running championship and a request in this context for two British events to be named. After consultation the Ben Nevis and Ennerdale were provisionally proposed. It was pointed out that there might be a problem with the Ennerdale event as it was an unmarked course and thus unfair to foreign competitors less able to reconnoitre the course.

The following officers were elected for 1975:-

<u>Chairman.</u>	Frank Travis	<u>Committee.</u>	Stan Bradshaw
<u>Secretary.</u>	George Broderick		Alan Heaton
<u>Treasurer.</u>	David Payne		John Haworth
<u>Newsletter</u>			Harry Walker
<u>Editor.</u>	Peter Knott		Jeff Norman
<u>Advertising</u>			Pete Walkington
<u>Officer</u>	Gerry Charnley		
<u>Statistician.</u>	John Blair-Fish		
<u>Press Officer</u>	Bill Smith		

Jim Smith was co-opted to help the new treasurer.

SUBSCRIPTIONS

1976 subscriptions become due on 1st January, 1976 and should be paid to:- Dave Payne, 53 Kirshaw Street, Bury, Lancs.

At the A.G.M. subscriptions were raised to £1.00.

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QUARTER PAGE	£ 4	£ 7

Reduced rates for Fell Race Organisers.

***** LIST OF NEW MEMBERS *****

- | | | | |
|-------|--------------------|-----|-------------------------|
| 338 | Geoffrey P. Newton | 380 | Charles J.G. Third |
| 339 | Jack Bloor | 381 | Vincent P.J. Duff |
| 340 | Andrew R. Coates | 382 | J. H. Richardson |
| 341 | Dr. Dick Jackson | 383 | Francois Caviglioli |
| 342 | R.M. Connor | 384 | Alan M. Anderton |
| 343 | Martin J. Weeks | 385 | Richard Shields |
| 344 | Tommy Orr | 386 | George Swan |
| 345 | Chris Worsell | 387 | Ian Marshall |
| P 346 | Don Morrison | 388 | Brian Covell |
| 347 | Michael A.L. Farr | 389 | Bob Hodgart |
| 348 | Michael Nicholson | 390 | A. Riley |
| 349 | David Scott | 391 | R. Halenko |
| 350 | Duncan Gaskell | 392 | Robert T. Lewis |
| 351 | John Makin | 393 | Anthony Parker |
| 352 | Fred Bias | 394 | Eric Platt |
| 353 | John Turner | 395 | Peter Brook |
| P 354 | George Skinner | 396 | Fred Rogerson |
| 355 | J.F.D. Henderson | 397 | Mick Brennan |
| 356 | David Fairweather | 398 | V. Murray |
| 357 | Tony Osman | 399 | Andrew Collinson |
| 358 | Brian Gemson | 400 | Cliff Simpkin |
| 359 | J. Compton | 401 | John Wagstaff |
| 360 | Harry Jarrett | 402 | Donald Booth |
| 361 | Derek Ratcliffe | 403 | Jackie Lile |
| 362 | D.R. Bannister | 404 | Christopher J. Mitchell |
| 363 | Derek Blakeley | 405 | David Roberts |
| 364 | Paul Bailey | 406 | Richard Belk |
| 365 | Jim Moore | 407 | David Bicket |
| 366 | Dennis Smith | 408 | Ben Crook |
| 367 | John Anderson | 409 | Arnold Rawstrom |
| 368 | R.T. Morris | 410 | Neil Heaton |
| 369 | David Young | 411 | Ilmar Nurk |
| 370 | Basil Duckworth | 412 | Raymond F. Gamble |
| 371 | Jim Hayes | 413 | Michael D. Veitch |
| 372 | John North | 414 | Robert Jackson |
| 373 | Robin Britton | 415 | Stephen Jackson |
| 374 | Peter Griffiths | 416 | Michael Gray |
| 375 | Ian Harray | 417 | R. A. Corlett |
| 376 | Bryan Singleton | 418 | David Farwell |
| 377 | Martin Farnworth | 419 | F. L. Thomason |
| 378 | Peter Bathgate | 420 | Alan J. Bond |
| 379 | Malcolm Cameron | 421 | Christopher J. G. Seal. |

(List of New Members continued)

- | | |
|--------------------------------|------------------------------|
| 422 Paul Fitter | 465 Andrew Styan |
| 423 Ron Linstead | 466 Michael Standring |
| 424 William Ratcliffe | 467 Donald Frain |
| 425 Edward J. East | 468 David Dixon |
| 426 E. Irving | 469 Ian Partington |
| 427 William J. Taylor | 470 Kevin Heywood |
| p 428 Cleator Moor Sports Club | 471 Michael B. |
| 429 Jon Painter | Hutchinson |
| 430 Robert G. Harris | 472 Michael A. Sydney |
| 431 Robert Tresidder | 473 Gordon Hull |
| 432 Tom Walkington | 474 J. R. Jackson |
| 433 Derek Whittle | 475 Terence Dooris |
| 434 John M. Brearley | 476 John S. Horsfall |
| 435 Dave Barrett | 477 Lawrence M. Peter |
| 436 J. W. Smith | 478 D. Curry |
| 437 Peter Knott | 479 Keith Ainsworth |
| 438 D. W. Gosling | 480 Richard Curwen |
| 439 Martin Newell | 481 Terry Catton |
| p 440 David Hodgson | 482 Dave Attwell |
| 441 Gavin MacLean | 483 Roy Phillips |
| 442 Ian Rawlinson | 484 Paul Webster |
| 443 Ferdy Gilson | 485 Jim Jones |
| 444 E. Jeavons | 486 W. Lambert |
| 445 Donald J. Barton | 487 David Hine |
| 446 Peter Waine | 488 G. Hilton |
| 447 Paul Stewart | 489 Harry Hartley |
| 448 John A. Nettleton | 490 K.M. Robinson |
| 449 John Bennison | 491 Mervyn Jones |
| 450 Peter B. Finnigan | 492 W.A. Buckley |
| 451 Norman P. Patenaude | 493 Don Rutherford |
| 452 L. B. Hutchinson | 494 P.G. Jacques |
| 453 Peter Schofield | 495 Robin Johnson |
| 454 P. J. Weatherhead | 496 John Hubbard |
| 455 Phil Howard | 497 Nigel Chisholm |
| 456 Terry Middleton | 498 Ron Chaisty |
| 457 Mike McGill | 499 Frank Milner |
| 458 R.W. Jeans | 500 Stan Bradshaw |
| 459 Paul Sanderson | 501 Robin Price |
| 460 Walter Ryder | 502 Duncan Overton |
| 461 Tom Robertshaw | 503 Barry Richardson |
| 462 David Young | 504 Piers Chapman |
| 463 John R. Mullane | 505 P.T. Elletson |
| 464 Desmond Winterbone | 506 Miles T. Hulme. |

(List of New Members continued)

507 M.K. McCausland	519 R. H. Jeffery
508 Michael N. Smith	520 Edith Henry
509 Frank Carradus	521 Ray Martin
510 Harry Kelly	522 Brian Bullen
511 Charles Trotman	523 John G. Leather
512 Nigel Spiers	524 Howard Williams
513 B. Hazell	525 J. Dawes
514 Graham Berry	526 John Monks
515 Peter S. Longfield	527 William Ainslie
516 Alistair Wood	528 Roger Baumeister
517 Gareth Buffett	529 Dennis Kell
518 Guy Ogden	530 Michael J. Gilbert.

* * * THE F.R.A. AWARD * * *

Mike Short in his third season on the fells beat Harry Walker (Winner 1973, runner-up 1974) for the F.R.A. Award. Last year's winner, Jeff Norman did not compete in as many fell races this year, though he retained his Three Peaks title. Jeff was running more road races in hopes of Olympic selection for 1976 in the Marathon.

Mike took the lead from Harry at the beginning of June, and, more or less, kept it. The non-inclusion of B Category races in this year's competition, some of which Harry won, may have had an effect on the result (the Statistician does not have all the results available for a comparison). Certainly Brian Finlayson, and Joss Naylor benefited from the new scheme, finishing 3rd and 4th with the races they often win being classed as A races. The limit to the number of races from which runners may acquire points, half the total number of A Category races, had no effect on the results. There were 24 A races and only Mike Short gained points in more than 12 (13, in fact).

Since the change in the scheme, many organisers have attempted to have their races upgraded either by changing the course or discussing its merits with Committee Members. New races or courses have to be run once before a decision is made on grading. Grading of new races is difficult. The formula, which is only a guide, of 250 feet gained or lost per mile and two thirds fell and very rugged, can only be applied from

a detailed description of the course and an agreed definition of what exactly "rugged fell" implies. It is not realised that some very popular A Category races e.g. the Three Peaks, Chevy Chase, do not qualify for A Category according to the guide. Definitely there should be some limit to the number of A Category races (for the statistician if nothing else). A change to preselection of races for the competition assumes that an agreed selection procedure can be decided, and a member of the F.R.A. can fairly make the selection. The points gained in the competition were as follows :-

1st MIKE SHORT HORWICH

2nd Pendle 19, 4th Three Peaks 17, 2nd Fairfield 19,
2nd Welsh 1000 metre Peaks 19, 4th Ennerdale 17,
2nd Wasdale 19, 2nd Latrigg 19, 1st Burnsall 22,
1st Forrowdale 22, 2nd Ben Nevis 19, 1st Langdale 22,
2nd Thieveley Pike 19. TOTAL 239 POINTS.

2nd HARRY WALKER BLACKBURN

1st Pendle 22, 2nd Three Peaks 19, 1st Fairfield 22,
3rd Ennerdale 18, 2nd Skiddaw 19, 3rd Wasdale 18,
1st Latrigg 22, 4th Burnsall 17, 3rd Ben Nevis 18,
12th Vaux 9, 2nd Langdale 19, 1st Thieveley Pike 22.
TOTAL - 225 points.

3rd BRIAN FINLAYSON LOCHABER

3rd Pendle 18, 1st Goat Fell 22, 3rd Fairfield 18,
1st Ben Lomond 22, 1st Creag Dubh. 22, 1st Half Nevis 22,
1st Mell an T-Suide 22, 4th Ben Nevis 17.
TOTAL 163 POINTS.

4th JOSS NAYLOR - Kendal A.C. 150 points (from 8 races)
wins in the Ennerdale, Welsh 1000 metres, Wasdale and
the Vaux.

5TH MIKE NICHOLSON	-	Kendal 145 (10)
6TH JOHN BLAIR-FISH	-	Lochaber 113 (10)
7TH HARRY BLENKINSOP	-	Kendal 111 (10)
8TH MARTIN WEEKS	-	Bingley 109 (7)
9TH (JEFF NORMAN	-	Altrincham 108 (6)
(DUNCAN OVERTON	-	Kendal 108 (6)
11TH A. BUCKLEY	-	Holmfirth 97 (8)
12TH PETE WALKINGTON	-	Blackburn 93 (9)
13TH RENNY CAMPBELL	-	Lochaber 88 (6)
14TH ANDY STYAN	-	Holmfirth 85 (6)

	- 8 -	
15TH G.ELLIS	-	Holmfirth 74 (5)
16TH ALISDAIR SCOTT	-	Lochaber 72 (6)
(NORMAN CARRINGTON	-	Sale 68 (5)
17TH (JIMMY JARDINE	-	Penicuik 68 (5)
(RICHARD BELL	-	Kendal 67 (5)
19TH (JIM SMITH	-	Bury 67 (5)
(ALAN MACRAE	-	Lochaber 54 (5)
21ST (T. RAMSDEN	-	Holmfirth 54 (5)
(DENNIS WEIR	-	Sale 54 (4)
24TH DONALD BOOTH	-	Thames 52 (5)
(CHARLIE JARVIE	-	Lochaber 50 (4)
25TH (M. SEDDON	-	Holmfirth 50 (4)
27TH JIM HAYES	-	Ballycraun 49 (3)
28TH PETE DUFFY	-	Aberdeen 48 (3)
29TH RAY RAWLINSON	-	Rosendale 47 (3)
30TH JOHN NORTH	-	Clayton-le-Moors 46 (5)
31ST V. DUFF		Blackburn 45 (5)
(R. HALENKO		Clayton-le-Moors 47 (5)
32ND (KEITH WINDLE	-	Clayton-le-Moors 41 (5)
(A. MCGEE	-	Keswick 41 (3)
36TH PETE BLAND	-	Kendal 37 (6)
37TH M. MCGILL	-	Ambleside 35 (3)
39TH D. FORD	-	Holmfirth 34 (3)
39TH W. LAMBERT	-	Holmfirth 33 (4)
40TH DAVE HALSTEAD	-	Blackburn 32 (2)

191 runners gained points, 21 runners 20-30 points, 57 runners 10-19 points and 73 runners 1-9 points. Races included were Manx Mountain Marathon, Pendle, Three Peaks, Goat Fell, Fairfield, Welsh 1000 metre Peaks, Chevy Chase, Ben Lomond, Ennerdale, Skiddaw, Wasdale, Slieve Donard, ~~Kinniside~~, Bens of Jura, Half Nevis, Creag Dubh, Latrigg, Borrowdale, Burnsall, Meall an T-Suide, Ben Nevis, Vaux, Langdale, Thieveley Pike. 22 points were awarded to the winner, 19 to 2nd, 18 to 3rd etc., to 1 to 20th.

RACE RESULTS AND REPORTS FOR 1975

Ben Nevis 1974

(These results were omitted from the 5th issue).

1. D.Cannon Kendal 1.30.17
2. B.Finlayson Lochaber 1.31.10
3. H.Walker B'burn 1.31.27
4. J.Norman Altrincham 1.36.10
5. R.Shields Clydesdale 1.37.28

6. D. Halstead	Blackburn	1.38.01
7. M. Weeks	Bingley	1.38.34
8. M. Nicholson	Kendal	1.38.42
9. W. Carrington	Sale	1.39.12
10. R. Campbell	Lochaber	1.40.27
11. P. Walkington	Blackburn	1.40.50
12. A. MacRae	Locaber	1.41.19
13. I. MacMillan	Invicta	1.41.52
14. P. Bland	Kendal	1.42.09
15. W. Tinlin	H.M.Forces	1.42.24
16. R. Rawlinson	Rosendale	1.43.48
17. J. Jardine	Penicuik	1.43.55
18. J. Smith	Bury	1.44.00
19. D. Hartley	Edin.S.O.C.	1.44.09
20. D. Townsend.	Invicta	1.44.21

PARBOLD HILL RACE. FEB.15TH.NEAR LIVERPOOL

Described as a tough cross country course, the 6 mile route has two climbs which are steep by cross country standards, gates, stiles and fences to negotiate.

1. F. Briscoe.	Salford	34.48
2. R. Wilde	M. & D.	34.51
3. R. Harrison	Liverpool	35.17
4. R. Hill	Bolton	35.27
5. D. Brown	Salford	35.48
6. F. Pendlebury	M. & D.	35.50
7. P. Kennedy	Liverpool	35.51
8. M. Murphy	Salford	35.54
9. S. Curran	Salford	36.00
10. H. Walker	Blackburn	36.16

*** * EDALE SKYLINE FELL RACE * * * *
(21 Miles: 4,900 ft.) March 23rd

The weather was once more clear and sunny, as for the inaugural race last year, but it was also very cold and bleak on this occasion, with a few light snow showers. Harry Walker yet again emerged a clear winner, though he did not begin to establish his supremacy till the climb up Lose Hill, where he moved to the front of the field. Jeff Norman was here lying 3rd, only half-a-minute behind him, but had lost another half-minute by the time Mam Tor was reached, though he had in the meantime moved into 2nd

place. Harry came into his own over the heavy going across Brown Knoll and along the edge of Kinder, and finally beat Jeff by 03.46, and his own 1974 time by 04.07.

Meanwhile, after some curious tussling for the next few places, Steve Breckell came from behind to emerge a surprise 3rd, while Martin Weeks, who was 2nd last year, beat Mike Short into 4th place. Eddie Foley won the vet's prize, finishing 25th with a time of 3.16.07, while Blackburn had the fastest team.

Many runners afterwards expressed the opinion that the Skyline is fully deserving of an A-Class certificate, rather than the B-Class it presently bears, and I am inclined to agree with them.

Bill Smith.

1.	H. Walker	Blackburn	2.36.03
2.	J. Norman	Altrincham	2.39.49
3.	S. Breckell	Blackburn	2.44.58
4.	M. Weeks	Bingley	2.47.13
5.	M. Short	Horwich	2.47.35
6.	D. Halstead	Blackburn	2.48.20
7.	R. Belk	Kendal	2.48.52
8.	J. Naylor	Kendal	2.50.04
9.	D. Weir	Sale	2.52.45
10.	D. Allen	Sheffield Univ.	2.52.55
11.	V. Duff	Unattached	2.54.57
12.	J. North	Clayton	2.55.39
13.	V. Morrison	Sheffield Univ.	2.56.27
14.	D. Atwell	Altrincham	2.58.16
15.	H. Blenkinsop	Kendal	3.00.12
16.	N. Carrington	Sale	3.01.29
17.	D. Booth	Thames H. & H.	3.03.20
18.	A. Shaw	Rochdale	3.06.23
19.	R. Britton	Winton	3.09.26
20.	J. Smith	Bury	3.10.14

MILFORD 21. March 9th. 21m. 1500'. Cat.C.

1.	J. Norman	Altrincham	1.59.35
2.	H. Chadwick	Thames H. & H.	2.00.36
3.	M. Mountford	Stafford	2.08.02
4.	M. Palmer	Nottingham	2.08.57

5.	R. Campbell	Holbeach	2.10.38
6.	D. Wade	Coventry	2.12.34
7.	B. Wilkins	Sparkhill	2.12.45
8.	J. Wagstaff	Tipton	2.12.58
9.	K. Boyden	Tipton	2.13.01
10.	D. Atwell	Altrincham	2.13.07

* RIVINGTON PIKE FELL RACE 3 $\frac{1}{4}$ m. 1149' March 29th Cat.B. *

This race has an interesting history. First run in 1880 at the R.M.I. Sports, it may have been professional. One story concerns identical twins who changed half-way up and again half-way down!

The Promotion Lapsed until Bolton U.H. organised it again in 1929 and ran the event until 1939. During this period Pat Campbell dominated the race with 9 victories.

Horwich R.M.I. resumed the promotion in 1954 as a Club event and made it an open race in 1956. Jack Haslam won that race in 17.47. Gerry North improved this record to 16.48 and later Ron McAndrew set the record that stands today at 16.30. Ron Hill, Alan Blinston and Ron McAndrew have each won the race three times and Jeff Norman twice. Harry Walker having finished 3rd in this race for the past 3 years finally emerged victorious on this occasion after a terrific battle with local runner Mike Short, having to overtake Mike twice before the finish.

John W. Prescott.

1.	A. Walker	Blackburn	17.02
2.	M. Short	Horwich	17.10
3.	M. Weeks	Bingley	17.22
4.	R. Hill	Bolton	17.32
5.	N. Ward	Bolton	17.43
6.	W. Cooper	M & D	17.50
7.	B. Genson	Lancaster	17.59
8.	M. Jones	Sale	18.01
9.	P. Hamilton	Blackheath	18.07
10.	G. Denham	Wakefield	18.15
11.	D. Farwell	M & D	18.17
12.	P. Goodfellow	Stoke	18.22 (1st.VET)
13.	V. Duff	Unattached	18.32
14.	D. Atwell	Altrincham	18.43
15.	J. Prescott	Leigh	18.44

16.	S. Jackson	Bury	19.02
17.	J. Smith	Airdale	19.16
18.	P. Cousins	Blackpool	19.21
19.	N. McCausland	Pilkington	19.25
20.	S. Hunt	Horwich	19.26

MANX MOUNTAIN MARATHON

* * * 30M. 9000'. Cat. A. March 31st * * *

Senior Elite Class

1.	J. Norman	Altrincham	4.24.55 (record)
2.	D. Halstead	Blackburn	4.26.39
3.	J. Naylor	Kendal	4.27.35
4.	J. Blair-Fish	Lochaber	4.57.07
5.	J. Smith		5.03.23
6.	R. Meadowcroft		5.10.00
7.	G. Newton	Luton	5.15.32
8.	D. Booth	Thames H & H	5.16.30
9.	R. Melton	Octavian	5.30.44
10.	M. Tyler	JLRR	5.33.42
11.	H. Symonds	Altrincham	5.37.15
12.	E. Norrish	Octavian	5.43.51
13.	G. Oliver	JLRR	5.57.40
14.	M. Trevor	Shrewsbury	6.13.45
15.	M. Davies	Reading	6.44.30

There was also a 'Standard Class' race won by M. Garrett of Cleveland in a new record of 5.34.20, a 'Junior' event won by J. Ronan, Manx, in a new record of 1.55.04 and a Ladies event won by Mrs. I. Corlett, Boundary, in yet another course record of 2.58.35.

PENDLE FELL RACE (4 $\frac{3}{4}$ miles: 1,500 ft.) April 5th

Harry Walker wasn't too happy about his beloved Pendle Fell Race course being drastically altered last year, though the change apparently didn't hamper his style, as he was a clear winner on both that occasion and this one. Each time he took the lead on the ascent of Barley Moor, beyond Buttock Farm, and held it right on to the finish, though his time was 7 seconds slower this year. Mike Short repeated his performance at Rivington Pike by finishing 2nd to Harry, 51 seconds ahead of Brian Finlayson.

Former race organiser Ken Smith (42nd=35.53), now with Blackburn Harriers, just pipped Dave Hodgson (43rd=36.01) for the vet's prize, while Frank Carrodus (123rd=41.53) was the fastest in the over-50s class. There were 152 finishers.

It was a bleak, though clear afternoon, with the odd snow shower, and as we left Barley at dusk, after the F.R.A. A.G.M., Old Pendle looked a real mountain with its summit hidden in cloud and its slopes looking much more steep and rugged with a light snow covering.

Bill Smith.

1.	H. Walker	Blackburn	30.36
2.	M. Short	Horwich	31.15
3.	B. Finlayson	Lochaber	32.06
4.	M. Lambert	Bingley	32.38
5.	M. Jones	Sale	32.41
6.	A. Styan	Holmfirth	32.43
7.	A. Harmer	Portsmouth	32.46
8.	A. Morley	Bury	32.55
9.	B. Pickersgill	Wakefield	33.23
10.	J. Fairclough	Rossendale	33.31
11.	R. Rawlinson	Rossendale	33.36
12.	P. Howard	Wirral	33.47
13.	P. Hartley	Rossendale	33.48
14.	I. Roberts	Holmfirth	33.52
15.	B. Gemson	Lancaster	33.56
16.	V. Duff	Unattached	33.58
17.	D. Atwell	Altrincham	34.03
18.	D. Quinlan	Bingley	34.14
19.	G. Brooks	Bingley	34.14
20.	K. Windle	Clayton	34.15

* KENTMERE HORSESHOE (12 miles/3,400 ft.) April 12 *

The inaugural Kentmere Horseshoe Fell Race on April 12th proved a useful warm-up for Altrincham's Jeff Norman, falling as it did, a fortnight before his victory in the classic Three Peaks Race.

Mike Short and Harry Walker made the early running after a slow start from Kentmere Church, but they both ran off course beyond the first checkpoint on Kentmere Pike.

Kendal's Richard Belk held the lead briefly at the summit of High Street (2,718 ft.) before Jeff made a break for it on the ascent of Ill Bell. He was chased hard all the way along the Western side of the Horseshoe, however, and only 28 seconds separated the first four at the finish.

The events immediate popularity was underlined by the receipt of 140 entries. And 109 of the 113 starters completed the 12 miles course.

Kendal A.C. - the promoting club (Pete Bland did the spadework) - were popular winners of the team race which was calculated on time: Altrincham and Blackburn filling the minor placings.

Richard Belk.

1.	J. Norman	Altrincham	1.27.52
2.	H. Walker	Blackburn	1.28.00
3.	M. Short	Horwich	1.28.11
4.	R. Belk	Kendal	1.28.19
5.	J. Naylor	Kendal	1.30.55
6.	R. Campbell	Lochaber	1.31.09
7.	M. Nicholson	Kendal	1.31.19
8.	I. Roberts	Holmfirth	1.31.25
9.	D. Anderson	Bingley	1.31.29
10.	A. Blinston	Altrincham	1.32.03
11.	R. Morris	Winsford	1.32.15
12.	R. Shields	Kendal	1.32.35
13.	S. Breckell	Blackburn	1.33.06
14.	I. Mitchell	Glas. Univ.	1.33.06
15.	D. Spencer	Barrow	1.33.17
16.	C. Robinson	Rochdale	1.33.38
17.	W. Bland	Keswick	1.34.58
18.	J. North	Clayton	1.35.09
19.	D. Ashton	Man. YM	1.35.11
20.	P. Walkington	Blackburn	1.35.18

THREE PEAKS RACE (23½ miles; 5,000 ft.) April 27th

The 21 year old tradition of running the Three Peaks Race from the Hill Inn at Chapel-le-Dale was finally broken this year, when the venue was changed to Horton-in-Ribblesdale. Besides offering superior washing and changing facilities for competitors, the new venue also provided a much more interesting run-in, for I doubt if anyone would argue that the long moorland trek over

Sulber Nick is not preferable to the tarmac farm lane from Bruntscar. On the other hand, I must admit that the race somehow didn't seem as challenging without that final steep ascent and descent of Whernside, where the true fell runner could make up some of the places he had earlier lost to fast road and cross-country runners. An extra mile-and-a-half was added this year, too, mainly because the Pennine Way track was followed all the way to Pen-y-ghent instead of the more direct line over walled pastureland, as in previous years.

The day was warm, sunny and clear, and the going underfoot was well nigh perfect. It took Mike Short exactly half-an-hour to reach the top of Pen-y-ghent, with Harry Walker 5 seconds behind him, Jeff Norman 45 seconds behind, and John Calvert a full minute. On Whernside summit, however, Jeff was leading Harry by half-a-minute, Mike by 1 minute, and John by 2, but the latter pair had dropped out of the reckoning by the time Jeff and Harry had climbed Ingleborough. The Altrincham man arrived at the checkpoint 1 minute ahead of his adversary and thereafter proceeded to open up an even wider margin, finally storming into the Horton sportsfield with 03.28 to spare.

Dave Hodgson (38th= 3.12.16), a prominent name in Three Peaks history, received the award for the fastest veteran, while Eric Roberts (50th=3.17.10) was runner-up in this category. The close packing of Walker, Calvert and Breckell lifted the team trophy for Blackburn, with Kendal "A" taking 2nd place. 284 of the 350 entrants actually set off on the course and 264 completed it, 89 inside the first class time of 3.30.00 and 134 inside the second class time of 4.30.00.

The junior race over Sulber to Ingleborough and back was won by E. Irving (Airedale & Spen Valley) with a time of exactly 1 hour. There were 17 starters, one of whom failed to complete the course.

Bill Smith.

*** ** * THREE PEAKS * * * * *

1.	J. Norman	Altrincham	2.41.37
2.	H. Walker	Blackburn	2.45.05
3.	J. Calvert	Blackburn	2.50.48

4.	M. Short	Horwich	2.54.48
5.	D. Allen	Sheffield Univ.	2.55.24
6.	S. Breckell	Blackburn.	2.55.42
7.	N. Carrington	Sale	2.55.45
8.	B. Pickersgill	Wakefield	2.57.06
9.	J. Naylor	Kendal	2.58.07
10.	S. Browne	Thames H. & H.	2.59.31
11.	D. Quinlan	Bingley	3.01.34
12.	A. Spence	Bingley	3.02.45
13.	D. Atwell	Altrincham	3.03.24
14.	R. Belk	Kendal	3.03.35
15.	R. Campbell	Lochaber	3.03.40
16.	D. Weir	Sale	3.04.21
17.	H. Chadwick	Thames H & H	3.05.00
18.	D. Anderson	Bingley	3.05.52
19.	H. Blenkinsop	Kendal	3.06.00
20.	A. Harmer	Portsmouth	3.06.15

INGLEBOROUGH

1.	E. Irving	Airedale	1.00.00
2.	B. Gemson	Lancaster	1.02.48
3.	G. Ellis	Holmfirth	1.04.09
4.	M. Jones	Sale	1.04.53
5.	J. Turner	Wakefield	1.06.32
6.	D. Ratcliffe	Rosendale	1.06.43

THE GOAT FELL RACE. 10th May, 6m. 2866'. Cat. A.

The goat fell race was restarted in 1974 after a lapse of a good number of years. Unfortunately, it clashed with the '3 peaks' that year and so it was May this year before I was able to take part.

Goat fell is the highest peak on the Isle of Arran and is easily reached from Ardrossen via a British Rail ferry. The crossing is rarely rough and in any case the 'Clansman' is a stable vessel so you are likely to reach the Island in good shape (Mel Edwards exempted!). It is possible to cross and return on the day of the race, and since the race starts barely one mile from disembarking at Brodick it is not necessary to take a car over.

The island is however, one of the finest holiday centres in Scotland combining typical seaside attractions at Brodick with a backcloth of craggy summits.

Worth noting outside Goatfell itself is the traverse of the A'Chir ridge noted as a moderate - difficult climb. The route is easy to follow and for bad weather there is a traverse **pass** below the ridge. The best rock climbing is on Cir Mhr which dominates the head of Glen Rosa where there is a good camp site.

The race route follows the tourist route to the summit involving about a mile of road before a path winds its way to the summit. Starting at sea level you cover the full 2800' to the summit. During the '75 race we had ideal running conditions, cloudy with light rain, but with heavy mist on the summit slopes. Up to this point the stewarding was adequate and there should be no real problem. At the summit I was about one minute clear of Mel Edwards but was able to build up a big lead on the descent by taking a more direct but ill defined route compared with the more devious tourist path which the majority of runners used. I feel sure that my descent route would also be the fastest to the summit.

Finally, one problem with Arran is its Lakeland like weather which can turn the path into a slow moving stream of mud and boulders. So if you come north in '76 please leave your bad weather behind, we get enough up here as it is!

Brian Finlayson.

1.	B. Finlayson	Lochaber	1.16.31
2.	D. Weir	Sale	1.21.00
3.	R. Campbell	Lochaber	1.21.07
4.	G. Skinner	Cambuslang	1.21.15
5.	J. Jardine	Penicuik	1.22.10
6.	J. Sloss		1.22.36
7.	R. Tinlin	Edinburgh	1.22.45
8.	M. McGill	Ambleside	1.23.08
9.	M. Nicholson	Kendal	1.23.25
10.	D. Overton	Kendal	1.23.30
11.	P. Bland	Kendal	1.23.35
12.	M. Edwards	Aberdeen	1.24.32

THE 10TH FAIRFIELD HORSESHOE. 8m. 3000' CAT.A. May 18TH

The weather was beautiful with a cloudless sky but a little on the warm side for dashing around and no

time to admire the views! 153 finished the course and 128 of these were inside the time standard of 100 minutes. Perhaps this standard is due for review?

Despite the keen competition up front Dave Cannon's 1972 course record of 68.30 survived the onslaught. At the top of Fairfield Harry Walker and Mike Short led together in 41 minutes, tracked by Brian Finlayson, two minutes in arrears. Jeff Norman was 4th at this stage but dropped to 41st at the finish for reasons unknown to this author. Another to come to grief was young Steve Breckell who made Fairfield summit only 5 minutes behind the leaders but soon afterwards broke an ankle and had to be 'rescued' from near maximum distance from the finish.

Holmfirth Harriers took the team award from Kendal with Keswick third. The vet's award went to George Rhodes with a superb run to place 16th.

Peter Knott.

1.	H. Walker	Blackburn	1.9.35
2.	M. Short	Horwich	1.9.55
3.	B. Finlayson	Lochaber	1.13.11
4.	R. Belk	Kendal	1.14.40
5.	M. Seddon	Holmfirth	1.15.40
6.	P. Walkington	Blackburn	1.16.08
7.	A. Buckley	Holmfirth	1.16.26
8.	H. Kelly	East Cheshire	1.16.55
9.	N. Carrington	Sale	1.17.00
10.	M. Nicholson	Kendal	1.17.14
11.	P. Howard	Wirral	1.17.29
12.	G. Ellis	Holmfirth	1.17.35
13.	R. Ramsden	Holmfirth	1.17.48
14.	D. Ford	Holmfirth	1.18.03
15.	H. Blenkinsop	Kendal	1.18.09
16.	G. Rhodes	Climber's Club.	1.18.18
17.	D. Atwell	Altrincham	1.18.23
18.	J. Kellie	Keswick	1.18.28
19.	W. Ratcliffe	Warrington	1.18.38
20.	H. Forrest	Gosforth	1.19.29

SADDLEWORTH FELL RACE (3miles:950ft.) May 25th

In the Autumn, 1973 issue, it was suggested that this course might be altered to include Alphin Pike, but

due to certain landowners, such a change has not been possible. Not that this is meant to infer that the present course is an uninteresting one - far from it : though only a B-Class race, I feel it compares favourably with, say, Iatrigg which is an "A", and I particularly like the steep descent off Pots and Pans, while the surroundings are generally much more wild and lonesome. There was one slight alteration this year, with the start/finish being on the road at Tanner's Mill instead of in Tanner's Field, and race organiser Dave Makin reckoned this gave the winner a half-minute advantage, though he did point out that a strong wind was against the runners on this occasion.

The 1973 winner, Jeff Norman, turned up too late to compete and subsequently ran home to Altrincham as part of his AAA's marathon preparation. This left last year's winner, Ray Rawlinson, to fight it out with several other possible contenders, headed by Harry Walker, who was making his initial traverse of the route. Harry it was, who led the field of over 90 runners all the way round the course. On the ascent of Alderman, he was most closely pursued by Martin Weeks, Andy Styan, Graham Ellis and Colin Robinson. Rawlinson began to make ground along the undulating ridge to the Pots and Pans obelisk, and Weeks joined him as he began to gain on the steep descent. But Harry was in fine fettle, and could not be caught.

Holmfirth were clear winners in the team event (4th, 5th and 7th), beating Rochdale and Bingley by 26 points each and East Cheshire by 28, while the first veteran to arrive at the finish was M. Brooke of Bretton Hall. It was a dry, clear, windy day.

Bill Smith.

1.	H. Walker	Blackburn	19.54
2.	M. Weeks	Bingley	20.08
3.	R. Rawlinson	Rossendale	20.24
4.	G. Ellis	Holmfirth	20.35
5.	A. Styan	Holmfirth	20.37
6.	C. Robinson	Rochdale	20.40
7.	M. Seddon	Holmfirth	20.42
8.	M. McGann	E. Cheshire	20.48
9.	D. Gaskell	Wakefield	20.55
10.	D. Brown	Salford	21.02
11.	K. Midgley	Halifax	21.05

12.	C. Hollingworth	Holmfirth	21.14
13.	T. Ramsden	Holmfirth	21.30
14.	W. Cooper	M & D	21.44
15.	T. Proctor	Rochdale	21.47
16.	J. Waterhouse	Bingley	21.47
17.	M. Curtis	E. Cheshire	21.50
18.	W. Lambert	Holmfirth	21.56
19.	H. Kelly	E. Cheshire	21.58
20.	J. Fretwell	Holmfirth	22.12

* * * * DOWNSMAN 100 May 24th * * * * *

Promoted by the Long Distance Walkers Association, the 100 mile route from Winchester to Eastbourne traverses most of the principal summits of Sussex and Hants. 123 of the 202 starters finished the course with 72 inside the 32 hour standard time.

1.	J. Offley TVH	18.58	4.K. Jones S & E	21.58
2.	D. Rosen Shaftsbury	20.05	5.D. Coffey Camb.H.	21.58
3.	K. Arnold Army	21.45	1st Woman. D. Pegg	29.47

* * * * * WELSH 1,000 METRES PEAKS RACE * * * * *
(18 miles:5,500 ft.) May 31st

Clear, sunny weather, with a cool upland breeze relieving the heat of the valleys and other sheltered parts of the course, resulted in four records being broken this year.

In Class A (fell runners), Joss Naylor improved his own course record of 3.37.00 (1972) by almost 15 minutes, and finished nearly 11 minutes in front of the next arrival, Mike Short, Martin Weeks was going well over the Carnedds and Glyders and looked a cert for 2nd place. However, he must have "died" on the gruelling ascent of the PYG track, for it was on this section that he was overtaken by Mike Short and Pete Walkington, who finished 3rd. 39 finished out of 42 starters.

The course begins on the shore at Aber, near Bangor, and ascends from the village by woodland paths and grassy moorland onto the main Carnedd ridge, with checkpoints on Carnedd Llewelyn and Carnedd Dafydd, whence a steep, grassy descent leads down to the third checkpoint at Ogwen. The route then traverses round the lower eastern slopes of Tryfan to a fourth checkpoint on the

Col between Glyder Fach and the "Nameless Peak". A rocky path is then followed to checkpoint No. 5 at Pen-y-Pass, from which point the PYG track must be followed. There is, in fact, a checkpoint at the junction of the PYG and Miner's tracks, and anyone found proceeding to CP7 on Carnedd Ugain (Crib-y-ddysgl) via the mountain's southern slopes or along Crib Goch (which would mean missing out CP6, anyway) would be disqualified. The race finishes on the summit of Snowdon.

This course is also traversed by competitors in both B and E classes. The former is for men mountaineers, who are clad in normal mountaineering garb and burdened with rucksacks weighing a minimum of 15lbs., while the new Class E is for service teams of four, similarly clad (though combat dress may be worn). In previous years, servicemen have competed in Class B and a course record of 4.36.00 was established last year by K. B. Gurung of the 10th Gurkha Rifles. John Wagstaff was only 3 minutes slower in Class B this year, but in Class E the 2/2 Gurkha Rifles had to be content with taking 2nd and 3rd places to the 16th Heavy Drop Paras, whose fastest man, ex-fell runner Tony Bradley clipped more than 10 minutes off K. B. Gurung's record. The Paras were again victorious a fortnight later, in the 14 Peaks Race, (Welsh 3,000s) for service teams.

The course for Classes C and D begins at Ogwen. Class C, for junior mountaineers (16-18 years), was won by David Roberts in a new record time of 2.21.56, which was 8 minutes faster than John Beatty had taken in 1971, while in Class D, for lady mountaineers, Joan Glass, the wife of Llanberis YH warden Dennis Glass (who finished 29th in Class A), reduced her own record of 3hrs. 2 mins. (1973) by more than half-an-hour. In 2nd place was Pete Walkington's girlfriend, Carol Walker, who also broke the old record by 27.25.

Bill Smith.

*** CLASS A ***

1.	J. Naylor	Kendal	3.22.20
2.	M. Short	Horwich	3.33.15
3.	P. Walkington	Blackburn	3.39.40
4.	M. Weeks	Bingley	3.46.20
5.	K. Windle	Clayton	3.58.05

6.	P. Bland	Kendal	3.59.45
7.	A. Heaton	Clayton	4.02.55
8.	D. Halstead	Blackburn	4.03.45
9.	D. Anderson	Bingley	4.05.45
10.	G. Phipps	Leamington	4.12.50
11.	P. Jones	Kendal	4.13.50
12.	W. Smith	Clayton	4.16.35
13.	E. Manning	Wirral	4.18.35
14.	P. Sanderson	Rosendale	4.18.50
15.	D. Callister	Manx A.C.	4.20.20
16.	T. Walkington	RAF Valley	4.21.40
17.	S. Ansell		4.22.50
18.	J. Jackson		4.25.15
19.	P. Knott	Blackpool & F	4.27.45
20.	G. Blackburn	Bingley	4.36.15

** 'CHEVY CHASE' 17m. 4000'. CAT.A. June 1st **

1.	P. Duffy	Kendal	2.16.30
2.	B. Sweeting	Sunderland	2.18.20
3.	M. Nicholson	Kendal	2.18.30
4.	H. Blenkinsop	Kendal	2.20.45
5.	D. Dixon	Sunderland	2.20.55
6.	K. Hennig		2.22.40
7.	M. Armitage	Holmfirth	2.22.41
8.	M. Stanford	Mandale	2.23.25
9.	A. Bradley	Holmfirth	2.25.00
10.	J. Blair-Fish	Lochaber	2.25.30
11.	A. Scott	Lochaber	2.26.52
12.	D. Overton	Kendal	2.28.15
13.	J. Myatt		2.28.45
14.	M. Newell		2.29.00
15.	W. Wardle		2.29.35
16.	K. Duckworth	Airdale	2.31.20
17.	J. Foley	Mandale	2.23.04
18.	S. Cameron	Edinburgh	2.38.45
19.	T. Flory	Middlesbrough	2.39.20
20.	M. Garratt	Mandale	2.39.20

BEN LOMOND RACE 7m. 3000' CAT.A. June 8th

Compared with last year, a slightly more direct route was used at the foot of the hill, which shortens the road section by half.

The race was conspicuous for the absence of any of the leading English runners and this enabled me to

take an easy lead on the ascent and stretch it on the initial descent. The weather was very hot which nearly caused me to blow up and I struggled to finish the last mile and a half. I couldn't have looked too bad at a distance as Dennis Weir, at the finish, asked if I was just cruising the final section! A question which left me speechless.

Lochaber dominated the team race with 3 in the first 5. Pete Duffy of Aberdeen took the veteran prize.

Brian Finlayson.

1. B. Finlayson	Lochaber	1.11.10
2. D. Weir	Sale	1.13.15
3. P. Duffy	Aberdeen	1.14.28
4. J. Blair-Fish	Lochaber	1.17.25
5. A. McRae	Lochaber	1.17.36
6. J. Wilson	Cambuslang	1.19.45
7. R. Tinlin	Edinburgh	1.20.45
8. J. Jardine	Penicuik	1.20.50
9. A. Scott	Lochaber	1.23.26
10. G. Eadie	Cambuslang	1.24.31
11. C. Ramsey	Lochaber	1.24.46
12. R. Anderson	Cambuslang	1.27.23
13. D. Richie	Aberdeen	1.29.00
14. I. Archibald	East Kilbride	1.29.20
15. J. Anderson	Lochaber	1.31.30
16. C. Shepherd	Cambuslang	1.32.50
17. E. Campbell	Lochaber	1.32.56
18. J. Aird	East Kilbride	1.34.44
19. G. MacLean	Springburn	1.35.23
20. G. Mearne	Clydesdale	1.35.55

*** ENNERDALE HORSESHOE FELL RACE ***
(23 miles:7,500 ft.) June 14th

Any doubts which may have arisen about whether or not Joss Naylor could successfully resist Jeff Norman's challenge in the Ennerdale Horseshoe after Jeff had beaten him in the Manx Mountain Marathon - and broken Joss's record into the bargain! - were dispelled in no uncertain manner by this decisive victory. Although Norman, Walker and Short were all challenging strongly up to Red Pike, the rugged terrain beyond here - and perhaps also his familiarity with the course even in low cloud - began to tell in Joss's

favour, for at Black Beck Tarn, beyond Haystacks, he had opened up a 7 minute lead over his closest contender, Jeff Norman, which he thereafter began to increase gradually until by the finish he had beaten the "King of the Peaks" by almost 15 minutes.

Meanwhile, Norman was battling for 2nd place with his "auld enemy", Harry Walker, and Mike Short, though the arch-rivals began to drop the Horwich man in the vicinity of Haycock, where he arrived 1 minute behind them, and at Crag Fell they had gained 4 minutes on him. Jeff finally managed to break away from Harry and stormed in to the finish 42 second ahead of him.

In the team event, Kendal finished 1st (Naylor, Blenkinsop, Nicholson) and 3rd (Overton, Roberts, Eland), with Sale Harriers (Carrington, Weir, Jackson) taking 2nd place. Eric Roberts was yet again the fastest veteran, followed by Eddie Manning of Wirral A.C. (36th in 4.42.25), a newcomer to Lakeland events but a Welsh 1,000m Peaks "regular", and the indefatigable Ken Ledward of Eskdale OBMS (44th in 5.00.25). There were 88 finishers out of 96 starters, and the weather was mainly good, striking that happy medium between warm and cool, though low cloud in the early stages resulted once more in a few navigational errors.

Only three competitors turned out for the junior race up Crag Fell, in which Alan McGee was again the winner.

Bill Smith		
1.	J. Naylor	Kendal 3.30.55
2.	J. Norman	Altrincham 3.45.40
3.	H. Walker	Blackburn 3.46.22
4.	M. Short	Horwich 3.50.00
5.	A. Churchill	Clayton 3.56.31
6.	N. Carrington	Sale 3.56.31
7.	H. Blenkinsop	Kendal 4.02.55
8.	M. Nicholson	Kendal 4.03.56
9.	D. Overton	Kendal 4.04.26
10.	D. Weir	Sale 4.05.25
11.	A. Shaw	Rochdale 4.06.09
12.	D. Booth	Thames H & H 4.09.10
13.	J. Blair-Fish	Lochaber 4.12.45
14.	P. Walkington	Blackburn 4.16.00
15.	J. Williams	Mardale 4.16.45

16.	E. Roberts	Kendal	4.19.59
17.	P. Bland	Kendal	4.22.30
18.	W. Buckley	Morpeth	4.22.40
19.	J. North	Clayton	4.24.54
20.	D. Hartley	Gateshead	4.27.00

* * * CRAG FELL * * *

1.	A. McGee	Keswick	33.00
2.	F. Bowe	Unattached	36.23
3.	R. Burns	Unattached	42.35

* LOMONDS OF FIFE 9 $\frac{1}{2}$ m. 2200'. CAT.B. June 15th *

A smallish field of 21 set off on this out and back course on a warmish day with the prospect of a strong headwind on the return journey. Brian Finlayson was never headed and the first two runners broke Bradley's year old record of 73.05. Holmfirth were rewarded however, by taking the team title for the second year in succession.

		Mel Edwards	
1.	B. Finlayson	Lochaber	72.02
2.	M. Edwards	Aberdeen	72.51
3.	J. Wilson	Cambuslang	73.49
4.	R. Bradley	Holmfirth	73.53
5.	R. Anderson	Cambuslang	74.13
6.	M. Armitage	Holmfirth	75.37
7.	P. Duffy	Aberdeen	76.27
8.	A. McIntosh	Cupar	76.43
9.	R. Asquith	Holmfirth	76.48
10.	A. McRae	Lochaber	76.50

* * * * GREAT HILL FELL RACE * * * *

(5 miles:1,000 feet) Cat.C. Saturday, June 21st

This event, run in conjunction with Brinscall Village Sports, near Chorley, was again blessed with fine weather. It was erroneously classed as a "B" race in the 1974 Calendar, but is quite definitely a "C". The course has a short, steepish road section - you run down it at the start and up it at the finish - and otherwise consists of gently-rising tracks through woodlands and over the moors, the turning point being the 1,249 foot summit of Great Hill, between White Coppice and Roddleswort. It is probably closer to

cross-country than to true fell racing, but provides extremely pleasant running for all that.

Harry Walker was leading Jeff Norman on the descent from Great Hill, but Jeff eventually passed him and won by a matter of 33 seconds, slicing 13 seconds off his own record, (31.27=1973) into the bargain. Mike Short, who had won the Harden Moss Fell Race only a few hours earlier, was no doubt hoping to emulate Ricky Wilde's 1974 "double", but finally emerged 6th. Grand effort, anyway Mike. Ken Smith, of the host club, Blackburn Harriers, won the vet's prize with his time of 35.43.

Bill Smith.

1.	J. Norman	Altrincham	31.14
2.	H. Walker	Blackburn	31.47
3.	A. Blinston	Altrincham	32.12
4.	G. Ellis	Holmfirth	32.34
5.	W. Cooper	Manchester & D	32.50
6.	M. Short	Horwich	33.03
7.	A. Buckley	Holmfirth	33.30
8.	P. Ravald	Manchester & D.	33.45
9.	D. Gaskell	Wakefield	33.50
10.	K. Mayor	Bolton	34.05

* * * MUSBURY TOR RELAYS Wed. 25th June. * * *

1.	Ho'mfirth	(A.Styan 8.53, A.Buckley 9.02, M.Seddon 9.07)	27.02
2.	Bolton	(V.Keegan 9.18,P.Campbell 9.07,K.Mayor 9.35)	28.00
3.	Rossendale	(D.Ratcliffe 9.31,P.Irwin 9.29,B.Silvers9.46)	28.46
4.	Blackburn	(L.Hutchinson 10.05,K.Smith 10.16, H. Walker 9.02).	29.23
5.	East Cheshire	(M.Curtis 9.25,F.Day 11.03,H.Kelly 9.04)	29.32
6.	Altrincham	(A. Rydal 11.10,D.Atwell 9.38,J.Norman 9.09)	29.57
7.	Horwich	(K.Lancaster 10.05,D.Mulligan 11.02, M.Short 9.03).	30.10
8.	Bury	(J.Smith 9.33,D.Payne 10.19,M.Payne 12.01)	31.53
9.	Rossendale B.	(S.Bateson 13.59,A.Watts 11.11. I.Partington 9.51).	35.01

Fastest Individual:- R.Rawlinson, Rossendale 8.52.

CAIFNGORM RACE. 10m. 3084'. Cat.B. Sat.28 June.

Brian Finlayson won this race for the second year in succession, though Bobby Shields' 1972 record of 1.12.47 remained safely intact. Over the initial 2 miles of road, the lead was shared by 2 or 3 runners, but on the ascent of "Windy Ridge" to the summit the first 3 placings were already established. Geoff Newton's long journey north was rewarded with a place in the first 3 for the second year running. Lochaber again won the team race.

Mel Edwards.

1. B. Finlayson	(Lochaber)	1.15.39
2. M. Edwards	(Aberdeen)	1.16.20
3. G. Newton	(Luton)	1.18.00
4. J. Oakley	(RAF Lossie)	1.18.15
5. W. R. Tinlin	(EAC)	1.18.25
6. W. Cairns	(Dunbarton)	1.19.09
7. A. Scott	(Lochaber)	1.20.12
8. A. MacRae	(Lochaber)	1.20.49
9. A. Pratt	(RAF Kinloss)	1.20.57
10. H. Scott	(Perth Strathtay)	1.21.13
11. W. Buckley	(Morpeth)	1.24.19
12. C. Ramsay	(EAC)	1.24.49
13. S. Stennett	(RAF Lossie)	1.25.08
14. J. Black	(Livingston)	1.25.50
15. G. McLaren	(Dunbarton)	1.25.58

Teams:--1.Lochaber 16, 2.Dunbarton 38, 3.RAF Lossiemouth

47

SKIDDAW FELL RACE

(9 miles:2,700 ft.). Cat A. July 6th.

The weather was yet again warm and sunny for the Skiddaw Race, and for the second year running Jeff Norman overtook Harry Walker on the descent and went on to win, this time by a margin of 33 seconds. Eric Roberts had his best-ever run in the event, finishing 20th with a time of 1.15.20 - a splendid performance which of course, won him his fourth consecutive Skiddaw vet's prize. Holmfirth "A" beat Blackburn to the team award, and 106 finished out of 112 starters.

The junior race up Latrigg was won by Brian Robinson (Kendal), with Lancaster and Morecambe lifting the team trophy.

Bill Smith.

***** SKIDDAW *****

1.	J. Norman	Altrincham	1.05.42
2.	H. Walker	Blackburn	1.06.18
3.	G. Ellis	Holmfirth	1.07.22
4.	M. Murphy	Salford	1.09.56
5.	A. Buckley	Holmfirth	1.10.03
6.	A. Ford	Holmfirth	1.10.27
7.	D. Atwell	Altrincham	1.10.44
8.	S. Beardsell	Holmfirth	1.10.54
9.	P. Blakeney	Salford	1.10.59
10.	M. Weeks	Bingley	1.11.59
11.	T. Ramsden	Holmfirth	1.12.51
12.	V. Duff	Blackburn	1.13.10
13.	A. McGee	Keswick	1.13.18
14.	T. Robershaw	Lancaster & M.	1.13.41
15.	L. Hutchinson	Blackburn	1.14.19
16.	W. Lambert	Holmfirth	1.14.43
17.	J. Wagstaff	Tipton	1.14.57
18.	M. Armitage	Holmfirth	1.15.05
19.	D. Overton	Kendal	1.15.13
20.	E. Roberts	Kendal	1.15.20

***** LATRIGG *****

1.	B. Robinson	Kendal	18.26
2.	A. Marsh	Holmfirth	18.42
3.	K. Capper	Lancaster & M.	18.43
4.	M. Upton	Rowntrees	18.53
5.	S. Rowland	Lancaster & M.	19.06
6.	S. May	Rowntrees	19.21
7.	D. Sykes	Holmfirth	19.31
8.	A. Stewart	Lancaster & M.	19.39
9.	K. Vose	Blackpool & F.	19.58
10.	S. Mathews	Holmfirth	20.05

***** WASDALE FELL RACE *****

(21 miles;8,500 ft.) Cat.A. July 12th

Mike Short and Harry Walker apparently set off determined to stay with Joss, and if possible, to eventually beat him. They made a good showing, too, for the checkpoint times reveal they were still in contact at Pillar, though Harry had fallen 2 minutes behind at Great Gable and was trailing 4 minutes at Esk Hause, where Mike was only 1 minute behind. However,

the boulder-strewn terrain beyond here now began to tell in Joss's favour and he was leading the Horwich man by 4 minutes at Scafell Pike and finally beat him by 08.21, Short in turn beating Walker by 02.27. Naylor recorded the fastest time, 16 minutes, from Scafell Pike to the finish and his overall time of 3.41.49 was 07.06 inside his old record, set up in 1973.

Eric Roberts (19th) was again the fastest vet, with Alan Heaton (24th) and Ken Brooks (27th) runners-up while Frank Carrodus (54th) won the Over-50's award.

In the team race, Kendal "A" and "B" teams took 1st and 2nd places, with Clayton-le-Moors "A" 3rd. There were 105 entries, 81 starters and 68 finishers. The day was warm and sunny, with mist on some of the higher peaks.

Bill Smith.

1.	J. Naylor	Kendal	3.41.49
2.	M. Short	Horwich	3.50.10
3.	H. Walker	Blackburn	3.52.37
4.	H. Blenkinsop	Kendal	3.55.42
5.	M. Nicholson	Kendal	4.00.53
6.	D. Beresford	Clayton	4.01.35
7.	D. Overton	Kendal	4.05.52
8.	D. Booth	Thames H. & H.	4.10.45
9.	M. Gilbert	Preston	4.10.59
10.	D. Atwell	Altrincham	4.11.35
11.	J. Smith	Bury	4.12.31
12.	R. Belk	Kendal	4.13.22
13.	A. Shaw	Rochdale	4.15.37
14.	J. Norman	Altrincham	4.19.30
15.	J. Williams	Mandale	4.22.56
16.	N. Carrington	Sale	4.24.10
17.	W. Buckley	Morpeth	4.29.56
18.	R. Halenko	Clayton	4.29.57
19.	E. Roberts	Kendal	4.30.28
20.	W. Smith	Clayton	4.39.04

* *SLEIVE DONARD RACE 8 $\frac{1}{2}$ m. 2796'. Friday 18th July. * *

It became clear shortly after entries opened for the 31st Annual "Sleive Donard" Race that records were going to fall before the race even started.

The introduction of a team race was the main reason for entries to total 76, by far the largest ever field, including 2 from England.

The only disappointment on race night was the fact that only 47 runners went to the line, 45 were to finish.

The race itself, was a fairly straight forward affair, after Ian Morrison's early pace making, Jim Hayes took over the lead to reach the summit, 50yds ahead of Morrison. By this stage a race was developing for third place between Fred Strickland, Denis Rankin, Alan McKee and John McDonald. Hayes went on to increase his lead to come home 3½ minutes ahead of Morrison in a new record of 69 minutes 47 seconds. Third place went to Rankin after a great battle with Strickland.

It is hoped that this year's entry from across the water will lead to even more in coming years.

Jim Hayes.

1.	J. Hayes	Ballydrain H.	69.47
2.	I. Morrison	Ballydrain H.	73.29
3.	D. Rankin	Mourne Fell Runners	76.55
4.	F. Strickland	Ballydrain H.	77.27
5.	A. McKee	Annadale Striders	83.35
6.	D. Milligan	Horwich H.	83.40
7.	C. Geddis	Ballydrain H.	83.53
8.	J. White	" "	84.12
9.	M. Baxter	Lisnagarvey H.	85.23
10.	P. Carr	R.A.F.	85.45
11.	E. Grant	Bryansford	86.21
12.	T. Breen	Ballydrain H.	87.42
13.	J. Patterson	Mourne Fell Runners	89.29
14.	W. Mehaffy	Co. Antrim H.	91.47
15.	E. Tomelty	Ballydrain H.	92.29
16.	P. Grant	Bryansford	92.58
17.	A. Murphy	Willowfield H.	94.58
18.	J. McDonald	N. Belfast H.	95.47
19.	A. McAleer	Ballydrain H.	95.49
20.	J. Kennedy	St. Michaels	95.52

* * * TEAM RACE * * *

		HR.	MIN.	SEC.
1.	Ballydrain "A"	3.	40	43
2.	Ballydrain "B"	4.	15	47
3.	Mourne Fell Runners	4.	28	44

BENS OF JURA. 16m. 7500'. Cat.A. July 19th

This year's race was spoilt by low cloud which produced many navigational errors including the check-point marshals.

- | | | | | | | |
|----|---------------|--------|---------|----|---------------|-----------|
| 1. | J. Smith | Bury | 4.31.30 | 4. | R. Astles | Ambleside |
| 2. | H. Blenkinsop | Kendal | 4.43 | 5. | J. Marstrand | Lochaber |
| 3. | D. Overton | Kendal | 4.47 | 6. | J. Blair-Fish | Lochaber |

KINNISIDE FELL RACE. 8½m. 2400' CAT.B. July 19th

A most interesting and varied course and a high standard of organisation combined to make this an excellent event, worthy of a larger field than the 36 finishers of this the second annual event. Unfortunately the Ingleborough race is held on the same day. It is a pity that these two clash and it would be nice if one could change their date.

The weather was warm and humid with some rain earlier in the day. Surrounded by the atmosphere of a traditional Westmorland sports meeting, Joss Naylor was publicly well wished for his forthcoming U.S.A. trip to the Pike's Peaks Marathon. Joss was not slow to respond with thanks for the moral and financial support and a promise to do his best for Cumbria.

At the first check-point at Flat Fell, an 8 man group passed together led by Richard Belk with Joss a minute behind. By Blakely rise Richard Belk, Mike Seddon and Graham Ellis had established a lead followed by local youngster Alan McGee. At Latterbarrow Alan McGee and Joss Naylor had closed up on Belk and Seddon and by Longbarrow Belk had got clear and Mike Nicholson had moved up on McGee and Naylor. In the closing stages just finishing, Alan McGee took full advantage of a slight navigation error by the determined Richard Belk, to come home 13 seconds to the good.

- | | | | |
|-----|--------------|------------------------|---------|
| 1. | A. McGee | Peter Knott
Keswick | 1.11.34 |
| 2. | R. Belk | Kendal | 1.11.47 |
| 3. | M. Nicholson | Kendal | 1.12.13 |
| 4. | J. Naylor | Kendal | 1.12.28 |
| 5. | V. Duff | Blackburn | 1.14.12 |
| 6. | M. Seddon | Holmfirth | 1.15.15 |
| 7. | H. Jarrett | Blackpool | 1.15.27 |
| 8. | J. McSherry | Hallanshire | 1.16.23 |
| 9. | T. Ramsden | Holmfirth | 1.16.33 |
| 10. | G. Ellis | Holmfirth | 1.16.41 |

INGLEBOROUGH FELL RACE. 8m. 2300' Cat.B. July 19th

On a day which was ideal for running a large group of enthusiastic starters massed on the village sports field prepared to tackle the route which winds its way through the streets before gradually climbing the fells by the way of a stoney track towards Ingleborough proper.

Harry Walker and Martin Weeks set the early pace with Mike Short tracking the leading bunch. As Ingleborough loomed ahead, Mike moved through the field passed the leaders and pressed on to a seemingly unassailable lead at the summit cairn.

Leaving Martin to challenge Harry for second place Mike pursued his relentless pace to the finish to come home a comfortable winner in a new course record time of 46.55, an improvement of 1.48 on his time of last year.

Martin Weeks eventually 'had the legs off' Harry on the final road section to place second in 47.25 with Harry third on this occasion but nevertheless 6 seconds inside his own 1974 record.

Mike Short.

1. M. Short	Horwich	46.55.4
2. M. Weeks	Bingley	47.27
3. H. Walker	Blackburn	47.40
4. J. Waterhouse	Bingley	48.45
5. H. Kelly	East Cheshire	49.20

HALF NEVIS 6m. 2200' Cat.A. July 26th.

The race held in conjunction with the Lochaber Highland Games is run over the first part of the classic Ben Nevis course, following the tourist path to the Red Burn and returning by the same route.

Local knowledge was a **huge** advantage on this occasion as the Mountain Rescue who were marking the turn point were called out to a rescue job after the race started, and with the exception of the leaders and those with confident knowledge of the course, the lack of a turn point marshall caused utter confusion, considerable time wasting and much bad temper in mid field. Jimmy Saville, Chieftain of the games, who ran a good deal of the course during the race and was recording material for Saville's travels, described the event as the 'Marie Celeste of fell racing'.

This will not happen in the future, however, as the organisers plan a back up arrangement.

Peter Knott.

1. B. Finlayson	Lochaber	52.30	9. D. Overton	Kendal
2. R. Campbell	Lochaber	54.45	10. A. Scott	Lochaber
3. C. Jarvie	Lochaber	55.50	11. A. MacRae	Lochaber
4. M. Nicholson	Kendal		12. S. Jackson	Sale
5. R. Jackson	Sale		13. G. Young	Rowntree
6. J. Jardine	Penicuik		14. E. Campbell	Lochaber
7. J. Hayes	Ballydrain		15. J. Anderson	Lochaber
8. H. Blenkinsop	Kendal			

**** CRAIG DHU HILL RACE. (4m. 1220 ft.) 2nd August ****

Martin Weeks attacked Craig Dhu in exactly the same manner as in 1974 when he lowered the record to 26.20, and for much of the race it appeared he would not be headed, but Brian Finlayson's early morning inspection of the ascent paid dividends and he was first to the summit. A very fast descent took him a minute clear of the chasing group. Times were generally slower than 1974 due to a temperature in the high 70s, which made the two excursions through the River Calder a little more agreeable than usual.

It was suggested that next year's race might be extended to the summit of the ridge, but the general opinion was in favour of maintaining the existing route.

Mel Edwards.

1.	B. Finlayson	Lochaber	27.14
2.	M. Weeks	Bingley	28.20
3.	G. Ellis	Holmfirth	28.29
4.	A. Barclay	Holmfirth	28.39
5.	M. Edwards	Aberdeen	29.39
6.	R. Campbell	Lochaber	29.48
7.	J. Fairgrieve	Teviotdale	30.44
8.	R. Anderson	Cambuslang	30.55
9.	C. Jarvie	Lochaber	31.00
10.	A. Scott	Lochaber	31.04
11.	P. Knott	Blackpool	31.08
12.	A. Bradley	Holmfirth	31.35
13.	S. Beardsall	Holmfirth	31.45
14.	J. Jardine	Penicuik	32.12
15.	D. Buchan	Aberdeen	32.18
16.	M. Armitage	Holmfirth	32.19
17.	B. Mackenzie	R.A.F.	32.42
18.	J. Blair-Fish	Lochaber	32.51

19. M. Davies	Badenoch	33.13
20. A. Biddlecombe	Badenoch	34.33

(Cover photo).

** LATRIGG FELL RACE. 2½m. 950'. Cat.A. 3rd August. **

For the three years that this race has been held since it replaced the old Keswick Sports Guides Race, hot sunny weather has prevailed. However, this year's humid heat almost proved too much for some of the runners, several of whom finished in rather poor shape. The race times in 1974 were adversely affected by a detour caused by the construction of the new A 66. This year anonymous benefactors 'opened' the new concrete bridge over the by-pass by disposing of a few timbers, warning signs and strings of bunting, thus enabling runners to take the shortest route up and down. There was still a step on to and off the bridge to be negotiated which probably wasted a couple of seconds per person. Which is why Harry Walker was justifiably disappointed on learning that he had finished just one second outside his own record. Harry has now won this event three times in a row and has had some pretty good men behind him - Dave Cannon, Ron Hill, Jeff Norman and Mike Short to name but four. Mike was a close second this time; he and 20 year old Holmfirth Harrier, Graham Ellis, who took third place, look the most formidable challengers next year. Holmfirth, incidentally collected the team award by getting three finishers in the first seven! Eric Roberts won the vet's award for the second time and his team mate Brian Robinson, the youngest runner as far as I can establish, took the Junior trophy.

Dave Moulding.

1. H. Walker	Blackburn	16.51
2. M. Short	Horwich	16.58
3. G. Ellis	Holmfirth	17.09
4. A. Buckley	Holmfirth	17.22
5. M. Weeks	Bingley	17.31
6. R. Belk	Kendal	17.34
7. T. Ramsden	Holmfirth	17.56
8. J. Hayes	Ballydrain	18.13
9. A. Styan	Holmfirth	18.18
10. A. McGee	Keswick.	18.19
11. M. Nicholson	Kendal	18.26
12. V. Duff	Blackburn	18.35

13.	B. Robinson	Kendal	18.40
14.	P. Rooney	Cockermouth	18.52
15.	M. McGill	Ambleside	18.53
16.	T. Robershaw	Lancaster	18.59
17.	R. Eradley	Holmfirth	19.07
18.	P. Walkington	Blackburn	19.10
19.	G. Berry	Unattached	19.12
20.	W. Bland	Keswick	19.19

* BORROWDALE FELL RACE. 18 miles. Cat.A. August 9th *

This event, which is without doubt one of the finest in the calendar, is organised by Keswick A.C. and sponsored by Mr. Miles Jessup of the Scafell Hotel, Rosthwaite, from which village the race is run. A footpath leads to the hamlet of Stonethwaite, whence a steep ascent is made through the woods by Stanger Gill. The first checkpoint is located on the summit of Bessyboot and the second one at Esk Hause. From Bessyboot, most competitors contour around the Langstrath side of Dove Nest Crag, Comb Door and Glaramara. and pick up the ridge path in the vicinity of High House Tarn, eventually leaving it to contour around the western slope of Allen Crags. The well-trodden path from Esk Hause to Scafell Pike (C.P.3) is then followed, the runners afterwards retracing their steps to the col between England's highest peak and Broad Crag, where they descend the scree path at the head of Piers Gill to the Corridor Route. Great Gable (C.P.4) is then ascended from the summit of Sty Head Pass and descended by the rocky path to Windy Gap. Green Gable, Brandreth and Grey Knotts have then to be negotiated - some prefer to contour, others to go over the top - and a long grassy descent then leads to Honister Hause (C.P.5). The path is now followed to the final checkpoint on Dale Head, whence the descent back to Rosthwaite goes via Dale Head Tarn and Tongue Gill.

The weather was once again clear and sunny, as in the inaugural 1974, event, but this time competitors had to endure heatwave conditions and there were 16 retirements out of the 97 starters. Mike Short, who was 3rd last year, arrived first at each checkpoint and finally beat his closest contender, Mike Nicholson, by 03.24, though he was 08.23 outside Dave Halstead's record. Duncan Overton and Harry Blenkinsop assisted Nicholson to win the team prize for Kendal, while close

packing by Ronnie Campbell, John Blair-Fish and Alistair Scott earned 2nd place for Lochaber. Alan Heaton was first home among the veterans (18th), with John Marstrand second (36th), while Bob Jackson (Salford) was the fastest over-50 (72nd) and Stan Bradshaw the fastest over-60 (76th). Prizes for the best performances by local runners went to Dave Ellison (5th), David Bland (29th) and Ross Brewster (37th). The race was followed in the evening by a dance in the village hall.

Bill Smith.

1.	M. Short	Horwich	3.13.30
2.	M. Nicholson	Kendal	3.16.54
3.	N. Carrington	Sale	3.23.31
4.	R. Campbell	Lochaber	3.26.39
5.	D. Ellison	Keswick	3.31.28
6.	J. Blair-Fish	Lochaber	3.32.36
7.	K. Windle	Clayton	3.33.39
8.	R. Halenko	Clayton	3.34.27
9.	A. Scott	Lochaber	3.35.14
10.	M. Down	G.B.Orienteers	3.35.53
11.	D. Overton	Kendal	3.36.03
12.	M. Hayes	Combined Harvesters	3.36.27
13.	H. Blenkinsop	Kendal	3.36.56
14.	C. Robinson	Rochdale	3.37.30
15.	R. Jackson	Sale	3.38.05
16.	A. Shaw	Rochdale	3.39.20
17.	D. Booth	Thames H & H	3.39.57
18.	A. Heaton	Clayton	3.42.24
19.	J. Gibbison	Lancaster & M.	3.43.14
20.	P. Bland	Kendal	3.43.33

5TH BARNOLDSWICK (WEETS) FELL RACE

* * * *

5m. 830' Cat.C. 17th August.

* * * *

The weather was the only thing below par at Barnoldswick, the field of 169 (167 finishers) was the largest yet.

Again a crowd of around 2,000 lined the route through the town and after the race entertainment was provided by Earby prize band. Mrs. Bebbington Chairman of Pendle District Council presented the prizes.

Conditions were slightly adverse. The lane with its hairpin bend has become very rough and stoney but the

Fell was fairly firm under foot with some rain falling.

The first man to the top was newcomer, Martin Dell of Leeds City A.C., followed by last year's winner, John Temperton of Airedale & Spen, third at this stage was Mike Short of Horwich who later lost ground.

Entering the town at Moorgate, the order was, M.Dell, J.Temperton and J. Calvert (who had improved from 6th place at the top), these positions were maintained to the finish with J. Calvert closing up rapidly.

An international flavour was provided by two young Frenchmen one of whom D. LeDraper finished 112th.

Ben Redfern.

1.	M. Dell	Leeds City	27.29
2.	J. Temperton	Airedale	27.43
3.	J. Calvert	Blackburn	27.53
4.	A. Spence	Bingley	28.03
5.	P. Lindsell	Salford	28.06
6.	F. Pendlebury	Manchester Dist.	28.08
7.	M. Short	Horwich	28.11
8.	S. Curran	Salford	28.16
9.	P. Ravald	Manch. & dist.	28.18
10.	J. Fox	Airedale	28.19
11.	C. Robinson	Rochdale	28.22
12.	N. Ward	Bolton	28.43
13.	B. Hilton	Leeds	28.52
14.	D. Blakeley	Manch. & Dist.	28.55
15.	D. Quinlan	Bingley	28.58
16.	J. Lonergan	Sale	29.01
17.	W. Padgett	Bingley	29.02
18.	D. Mayho	Airedale	29.04
19.	A. Morley	Bury	29.07
20.	D. Brown	Salford	29.09

* MELL ANTEE HILL RACE. 5m 2322' Cat.A. August 23rd *

The race is run from Town Park, Fort William up the steep slope to the Meall-on-Suide (Meall Antee) summit on the Ben Nevis range. In fine weather the whole of the race can be seen from the park and for this reason there is talk of switching dates with the half-Nevis race in order to run this event in conjunction with the Lochaber games in July.

Peter Knott.

1.	B. Finlayson	Lochaber	31.19	2.	C. Jarvie	Lochaber	33.26
3.	A. MacRae	Lochaber	33.33	4.	J. Jardine	Penicuik	34.09

5.A.Scott Lochaber 34.29 8.J.Marstrand Lochaber (Vet)
6.B.Mackenzie Lossiemouth 9.E.MacEvroy Lochaber
7.J.Blair+FishLochaber 10.J.Rawnsley Bingley
Junior Race:- G.MacLean 22.28

BURNSALL FEAST SPORTS' CLASSIC FELL RACE

* * * 1 1/4 miles 872 feet. Cat.A. August 23rd. * * *

There was the usual large crowd in attendance at Burnsall Feast Sports and the afternoon was dull but clear. Mike Short was first to the summit cairn and led on the steep descent over rock and heather, but was overtaken by Ray Rawlinson about two-thirds of the way down the long field. In the smaller field leading to the finish, however, Ray had the misfortune to take a tumble and Mike, not pausing to help him to his feet, sped on to a 4 second victory which missed Martin Week's amateur record (13.11=1973) by 5 seconds. Last year's Winner Andy Styan, beat Harry Walker into 3rd place and his club, Holmfirth Harriers, had the fastest team. The veteran's prize was awarded to Dave Hodgson (Leeds City), who finished 25th with a time of 15.30. There were 72 competitors in the senior event, while 60 runners lined up for the Dales Junior Fell Race, which was won by Kevin Capper (Lancaster) in a new record time of 06.46.

Bill Smith.

1.	M. Short	Horwich	13.16
2.	R. Rawlinson	Unattached	13.20
3.	A. Styan	Holmfirth	13.39
4.	H. Walker	Blackburn	13.56
5.	A. Buckley	Holmfirth	13.39
6.	P. Watson	Pudsey & Bramley	14.06
7.	M. Weeks	Bingley	14.20
8.	G. Brooks	Bingley	14.26
9.	M. Seddon	Holmfirth	14.32
10.	I. Partington	Rossendale	14.33
11.	T. Ramsden	Holmfirth	14.45
12.	T. Robertshaw	Lancaster & M.	14.47
13.	A. Harmer	Portsmouth	14.48
14.	P. Walkington	Blackburn	14.59
15.	M. Dell	Leeds	15.00
16.	P. Luker	Pudsey	15.13
17.	R. Whitfield	Unattached	15.16
18.	F. Wheeler	Bingley	15.17
19.	G. Young	Rowntrees	15.20
20.	D. Young	Pudsey	15.23

DALES JUNIOR FELL RACE

- | | | | | |
|-----------------------|----------|--------------|------------|------|
| 1. K.Capper Lancaster | & M.6.46 | 5.P.Livesey | Rossendale | 7.18 |
| 2. A.Taylor Kendal | 6.57 | 6.B.Robinson | Kendal | 7.24 |
| 3. D.Lewis Rossendale | 6.58 | 7.J.Stott | Kendal | 7.25 |
| 4. G.Holland Pudsey | 7.09 | 8.J.Mountain | Bingley | 7.27 |

ACHMONIE HILL RACE, DRUMNADROCHIT

* * * Cat.B. 4m. 500' 30th August. * * *

On a sunny, warm day, 18 runners set off from the Glen Urquhart Games park, and after the initial mile of road Ian Johnston led from Paul Rockwood, Mel Edwards, Brian Finlayson and Graham Laing. However, Finlayson chose what at first appeared to be a slightly longer route to the summit and succeeded in being first to the top, followed by the two Aberdeen runners. By the time the road was reached the order was Finlayson, Johnston, Edwards, Laing and the first named hit the tape in a time which took 20 seconds off Jeff Norman's 1973 record.

Mel Edwards.

- | | | |
|-----------------|--------------------|-------|
| 1. B. Finlayson | Lochaber | 19.09 |
| 2. M. Edwards | Aberdeen | 19.32 |
| 3. G. Laing | Aberdeen | 19.34 |
| 4. I. Johnston | Inverness | 20.02 |
| 5. R. Rockwood | R.A.F. Lossiemouth | 20.53 |
| 6. C. Oakley | R.A.F. Lossiemouth | 20.55 |
| 7. P. Vidler | R.A.F. Lossiemouth | 21.19 |
| 8. M. McAusland | Inverness. | 22.32 |
| 9. J. Mashiter | R.A.F. Lossiemouth | 22.45 |
| 10. M. Davies | Badenoch. | 23.02 |

* * FRODSHAM HILL RACES AUGUST 31st. * * *

Although not strictly fell races, these extremely popular and well organised races do include some non-road in the hill circuit part of the course, which for the Senior event is traversed three times. The events attract both fell runners and road runners which to some extent accounts for the large entry.

In a closely fought battle, last year's victor Jeff Norman lost out in the finishing tussle to club mate Alan Blinston. The team race went to Airedale packing 3 in 7 and the 1st veterans award to the evergreen Merseyside Policeman Maurice Morrell in 47th place.

Peter Knott.

1. A. Elinston	Altrincham	24.53	6. R. Morris	Winsford	25.19
2. J. Temperton	Airedale	25.09	7. J. Fox	Airedale	25.28
3. A. Spence	Bingley	25.12	8. R. Harrison	L'pool	25.31
4. J. Norman	Altrincham	25.13	9. P. Pavald	M & D	25.33
5. A. Dewhurst	Airedale	25.16	10. G. Kenyon	Wigan	25.38

Youth's Race

Boy's Race

1. N. Lees	Derby	20.29	1. K. Capper	Lancaster	16.20
2. N. Muir	Shettleston	20.57	2. G. Boarland	Leicester	16.33
3. A. Blackwell	Wrexham	20.59	3. M. Uezmar	Rockingham	16.37
	<u>Colt</u>	D. Lewis.	Rosendale		17.06.

"FULL HOUSE" AT THE BEN NEVIS

10m. 4418' Cat. A. Sept. 6th

Entries reached the 200 ceiling for the first time, with a reserve list in case of withdrawals, With some of these included, 178 started and 175 completed the course.

Considering that Dave Cannon had run few fell races this year and with Mike Short, Harry Walker, Brian Finlayson and Jeff Norman all having shown good form, the winner seemed likely to come from this group and in fact four of these stuck together like glue all through the race.

Cloud cover was down to about the Red Burn making conditions cold and miserable the summit however was almost above the clouds and fairly warm.

Ascending to the 2,000 ft. mark Dave led Harry, Brian and Mike. Harry was first to the summit, followed by Mike, Dave and Brian and on the descent Harry led Dave, Brian and Mike.

The first four finishers were within two minutes with Dave Cannon winning just 20 seconds outside the record set up in 1973 by Harry Walker. Dave was strongly chased home by newcomer Mike Short with Harry Walker third and Brian Finlayson fourth, once more disappointed not to win his local race.

The winning veteran was John Marstrand and the winning team, Lochaber A.C. Spice was added to the occasion by Mrs. D. Glass who starting slightly behind the men beat 44 of them to set up a remarkable women's record of 2 hours, 17 minutes.

Ben Redfern.

1.	D. A. Cannon	Gateshead	1.29.58
2.	M. Short	Horwich	1.30.21
3.	H. D. Walker	Blackburn	1.30.38
4.	B. Finlayson	Lochaber	1.32.50
5.	M. N. Weeks	Bingley	1.34.54
6.	J. Norman	Altrincham	1.35.43
7.	M. P. Nicholson	Kendal	1.35.45
8.	R. Campbell	Lochaber	1.35.53
9.	R. Shields	Clydesdale	1.36.32
10.	P. Walkington	Blackburn	1.37.45
11.	A. MacRae	Lochaber	1.38.57
12.	N. Carrington	Sale	1.40.35
13.	J.A. Blair-Fish	Lochaber	1.41.27
14.	D. G. Overton	Kendal	1.41.34
15.	D. Beresford	Clayton-le-Moors	1.41.56
16.	R. Jackson	Sale	1.42.23
17.	H. Blenkinsop	Kendal	1.42.53
18.	G. Brooks	Bingley	1.43.31
19.	R. Halenko	Clayton-le-Moors	1.43.59
20.	C. Jarvie	Lochaber	1.43.59

1st Team. Lochaber 23

2nd Team Kendal 38

3rd Team Clayton-le-Moors 62.

*** * * VAUX MOUNTAIN TRIAL * * ***

Sunday, September 14th. 19 miles=8,000 feet

This year's event was run from the Newfield Inn at Seathwaite in the Duddon Valley, and the course-planners were orienteers Chris Wright and Gerry Charnley, and Squadron-Leader L.W. Davies. The first checkpoint was a stream junction to the east of Wormshell How, beyond Wallowbarrow Heald, and the second was located on the summit of Border End, across Hardknott Pass. Checkpoint 3 was exactly the same as Checkpoint 3 in the 1972 Mountain Trial from the Woolpack Inn in Eskdale—a waterfall in Hell Gill, below Shelter Crags and the Crinkles. From checkpoint 4 on the summit of Wetherlam, competitors had a choice of visiting 5 (stream junction at Whity Head, among the northern Seathwaite Fells) or 6 (ring contour on Foul Scrow, above Church Beck, Coniston) in either sequence, and only 26 of the 121 competitors who got that far decided to visit No.6 first. The seventh and final checkpoint was situated on the col between Pikes and Caw, at the Southwestern end of the Coniston range.

Joss Naylor somewhat predictably chalked up his fifth consecutive win, bringing his total to seven, for he was also victorious in 1966 and '69. Second and third places were exactly the same as last year, with a very fit Pete Walkington being less than 10 minutes behind Joss and veteran Allen Walker being in turn only 04.29 behind Pete. It is interesting to note that Pete has been Joss' Two Day Marathon partner for the past two years, while Allen filled this role on previous occasions. The latter has done very little fell racing over the past two or three years, incidentally, and this was in fact his first event since the 1974 Vaux. He was, of course, the fastest veteran, with Eric Poberts (10th) taking second place and Alan Heaton (40th) winning the over-45s award. Harry Blenkinsop ensured Kendal's victory in the team event by finishing seventh, while John North (4th), Roman Halenko (5th) and Keith Windle (13th) saw to it that Clayton-le-Moors Harriers completed a consecutive hat-trick as runners-up. There were 129 starters, of whom only 16 failed to complete the course, and the day was cool, clear and sunny.

Bill Smith.

1.	J. Naylor	Kendal	4.37.45
2.	P. Walkington	Blackburn	4.47.25
3.	W.A.Walker	Kendal	4.51.54
4.	J. North	Clayton	5.02.20
5.	R. Halenko	Clayton	5.08.05
6.	M. Gilbert	Preston H.	5.13.09
7.	H. Blenkinsop	Kendal	5.14.04
8.	D. Booth	Thames H & H	5.22.14
9.	M. Rosen	Thames H & H	5.22.20
10.	E. Roberts	Kendal	5.26.04
11.	M. McGill	Ambleside	5.30.03
12.	H. Walker	Blackburn	5.30.54
13.	K. Windle	Clayton	5.33.05
14.	M. Short	Horwich	5.33.24
15.	T. Walkington	Kendal	5.34.20
16.	J. Blair-Fish	Lochaber	5.35.44
17.	P. Murray	Bolton	5.36.52
18.	I. Roberts	Holmfirth	5.40.17
19.	W. Miller	Kendal	5.40.27
20.	C. Brad	Keswick	5.42.41

ROSSENDALE FELL RACE. Cat.B. 9m. 2000' Sept.14th

Run on the same day as the Vaux this very popular B category race nevertheless attracted a good entry with 155 finishers. Blackburn Harriers took a fair share of the prizes with John Calverts finishing pace proving too strong for Spence and Rawlinson. Holmfirth with 3 in 10 took the team title with Blackburn taking second team awards and the veterans prize through Pete Madden in 44th place.

Peter Knott.

1.	J. Calvert	Blackburn	59.43
2.	A. Spence	Bingley	59.56
3.	R. Rawlinson	Unattached	60.22
4.	R. Wilde	M & D	60.52
5.	N. Ward	Bolton	61.21
6.	G. Ellis	Holmfirth	61.46
7.	A. Buckley	Holmfirth	62.13
8.	C. Robinson	Rochdale	62.29
9.	M. Weeks	Bingley	62.31
10.	M. Seddon	Holmfirth	63.37

LANGDALE FELL RACE. 16m. Cat.A. Sept. 20th

This, the 3rd annual event, was for the second time run in good conditions, no low cloud, a factor which no doubt helped Mike Short to lower Joss Naylor's record of 2.8.20 to 2.5.38. Kendal retained their grip on the team race with a 5, 6 and 7 packing. Eric Roberts predictably took the vet's award with a 2.25.30 clocking and a high proportion of the record 134 entries completed the course.

Peter Knott.

1.M.Short	Horwich	2.5.38	11.P.Walkington	B'burn
2.H.Walker	Blackburn	2.9.43		2.19.30
3.A.Styan	Holmfirth	2.13.01	12.J.Smith	Bury
4.W.Bland	Keswick	2.13.17	13.D.Bland	Keswick
5.M.Nicholson	Kendal	2.13.26	14.R.Halenko	Clayton
6.J.Naylor	Kendal	2.13.34	15.P.Bland	Kendal
7.D.Overton	Kendal	2.15.20	16.P.Sanderson	Ros'dale
8.J.North	Clayton	2.16.12	17.A.Buckley	Holmfirth
9.D.Ford	Holmfirth	2.16.48	18.D.Beresford	Clayton
10.B.Phillips	Pendle Forrest	2.17.40	19.D.Lomond	Keswick
			20.K.Windle	Clayton

**** THIEVELEY PIKE. 3 1/2m 850' Cat.A. Sept.27th ****

THIEVELEY TRADITIONS REPEATED

Traditional weather of strong winds and heavy rain

showers were once again the order for Thieveley Pike Fell race day. Still not deterred, a traditional increase in the number of competitors to 83 set off to battle the elements, the incline and each other. To complete the trio of traditions Harry Walker won again for the third successive year to give him a tally of four of the sixteen races held to date. Plucky Mike Short finished second with a dislocated shoulder and was taken to hospital. A precedent not for translation into tradition.

Three and a half miles and 850 feet of ascent in no way describes this frenzy of fell running activity. By the end of the opening lap of the trials field all talk had ceased, jaws are set, eyes search apprehensively upwards not only for a break in the leaden sky and inspiration but for some visible proof that the "north wall" of a slope has reclined since last year's memory.

Harry Walker broke away from gravity and the pack "in the usual place through the wood". Then despite an almost verticle "mauvais pas", a biting cross wind, knee high rushes and tiger trap drainage ditches Walker arrived at the apogee of the orbit marked by the summit cairn 20 seconds in front of Mike Short and 30 seconds in front of Ray Rawlinson and Mike Seddon.

The re-entry is at a uniform angle though on the day it was wet and greasy underfoot. For Walker, whose descent of steep rocky terrain is not in the calibre of his lift off, this section of the race, coupled with his lead at the summit proved uneventful, giving a comfortable splash down through the intake fields to the inclined finish.

Ray Rawlinson closed quickly on a Mike Short anaesthetised by his competitive spirit but left it a stride too late to claim second place.

Brian Robinson of Kendal ran exceptionally well to finish seventh and take the 16 to 18 year old 'Junior' prize and Ken Smith of Blackburn was in 26th position and over a minute clear of the next veteran in this prize group.

John Haworth.

1.	H. Walker	Blackburn	20.42
2.	M. Short	Horwich.	21.05
3.	R. Rawlinson	Unattached.	21.05

4.	M. Seddon	Holmfirth	21.17
5.	M. Weeks	Bingley	21.35
6.	A. Styan	Holmfirth	22.39
7.	B. Robinson	Kendal	22.40
8.	D. Dixon	Rochdale	22.58
9.	I. Roberts	Holmfirth	23.04
10.	G. Brooks	Bingley.	23.06
11.	J. Smith	Bury	23.07
12.	J. North	Clayton	23.12
13.	V. Duff	Blackburn	23.15
14.	S. Fairclough	Rossendale	23.23
15.	D. Ratcliffe	Rossendale	23.23
16.	W. Lambert	Holmfirth	23.27
17.	P. Walkington	Blackburn	23.32
18.	A. Buckley	Holmfirth	23.37
19.	J. Turner	Wakefield	23.44
20.	C. Waddington	Clayton	23.45

THE THREE TOWERS RACE 20m. 2640' Cat.B. Oct. 19th

Not surprisingly on this course of immensely varying terrain with many stretches of fast running the leaders comprised a mixed bag of road and fell men, and one of the most versatile of all the distance runners, Ricky Wilde, came out on top. Coming off Holcombe Tower, Colin Robinson led but the Manchester man, Ricky Wilde attacked over the finishing downhill run and just got the better of Robinson by a mere second. Steve Breckell of Blackburn surprised a few by coming home strongly to take third place just ahead of Harry Walker. Steve's broken ankle in the Fairfield race in May obviously ruined his season, but on this sort of form he would be a force to be reckoned with next summer. Pete Madden of Blackburn took home for himself, another vet's prize with a fine 2.16.48 clocking.

Peter Knott.

1.	R. Wilde	M & D	2.1.19
2.	C. Robinson	Rochdale	2.1.20
3.	S. Breckell	Blackburn	2.1.54
4.	H. Walker	Blackburn	2.1.58
5.	J. Norman	Altrincham	2.3.02
6.	N. Ward	Bolton	2.3.07
7.	A. Morley	Bury	2.7.03
8.	P. Blakeney	Salford	2.8.05
9.	P. Murray	Unattached	2.8.12
10.	V. Regan	Bolton	2.8.53

11.	R. Belk	Kendal	2.9.00
12.	K. Mayor	Bolton	2.9.59
13.	G. Lawson	M & D	2.10.52
14.	H. Kelly	East Cheshire	2.11.09
15.	K. Ford	Holmfirth	2.11.34

GALE FELL RACE. 4 $\frac{1}{2}$ m. Cat.C. October 26th

Griffiths of Tipton made the best of a field conspicuous for the absence of many of the leading fell runners who were at the two day marathon, to out pace Ron Hill to the top and give the star marathon man little chance to close the gap on the descent. Next year the organisers plan to avoid clashing with this classic 2 day, 2 man, mountain marathon event.

Peter Knott.

1.	J. Griffiths	Tipton	23.54
2.	R. Hill	Bolton	24.28
3.	M. Seddon	Holmfirth	24.42
4.	H. Kelley	E. Cheshire	24.57
5.	A. Morley	Bury	25.09
6.	R. Rawlinson	Unattached	25.15
7.	S. Fairclough	Rosendale	25.45
8.	A. Styan	Holmfirth	25.58
9.	P. Murray	Unattached	26.02
10.	V. Duff	Blackburn	26.09

OVERSEAS RACES. PIKE'S PEAKS MARATHON

On July 22nd Joss Naylor arrived in the U.S.A. for the PIKES PEAKS MOUNTAIN MARATHON, Colorado U.S.A. to be held on Sunday, August 3rd. What follows is Joss' own account of the trip.

"I arrived at Boulder Colorado on Tuesday 22nd of July after my first real taste of modern air travel and still trying to really believe that America is such a big expanse of land. It has to be seen to be believed. I am staying about 10 miles out of Boulder on a new housing estate. Quite a nice area right out in the country. I have today to acclimatise as we are about 6,500 ft. above sea level, 97° to 100° F. and the humidity, an all time low of about 5%. On my first run I decided that 5 miles would be enough, but after I had run for 3 miles, I had no saliva left in my mouth and I just dried up. I stopped at a golf course sprinkler and managed a mouth full of water to get me home. All the

countryside is dried out and all that grows is irrigated.

After about 4 days I moved up to Pine Brook Hills, a wooded area at about 7000 feet. Real Indian Country. The trees only grow to about 30' and they are all the same size. You would think they had all been planted on the same day, but in the low humidity they just can't grow any taller. My running is improving but the heat and low humidity is taking its toll. Im sleeping 10 hours at night and still starting to 'drop off' during the day. After another three days during which I have been chased by every dog in Pine Brook Hills, I move 100 miles south to Maniston Springs to stay with Gia-Fu-Feng for rehabilitation and a taste of health food. Its just the place, right at the foot of Barr Trail which is the start of the Pike's Peaks race. I feel better right away. The humidity is up to 40% and its Monday night, July 28th, so I get the maps out to see which way the paths go. On Tuesday morning I get up at 6.0 a.m. for a run up Pike's Peak, or is it just imagination? After about $\frac{1}{2}$ a mile I turn off a Forestry type road onto a zig zag path up through the forest. After about 3 miles and 300 ft. of climbing the path levels out and through a gap in the trees about 6 miles ahead, I can see the huge Pikes Peak mountain. It still looks a mile high. I seem to be running well. The mouth is getting a bit dry but after another mile I come to a lovely spring. Down on the hands and knees for a long drink. The best water I've tasted since I left Lakeland. Its great and away I go up through the timber line at about 12000 ft.

Over the next 500 ft. things start to go wrong. My head starts to thump. I have to walk and by the time I reach the summit I am holding onto the rocks feeling dizzy. I sit down and my head clears. I stayed at the summit about two hours having refreshment at the hotel there and meeting up with a few other runners up there acclimatising. They seem to be having the same trouble with hearts all beating three times faster than normal. I decided to walk down. It was never ending and took over 3 hours.

On Wednesday I was full of determination to run to the summit after a talk with Gia Fu Feng. He gave me vitamin E and C and a spoon full of cooking oil to overcome the dry altitude. I set off at a slow pace

determined to keep it going. I went through the timber line going strongly and reached the summit in 2 hours 40 minutes. This was it. Apart from a bad head I felt fine. I stayed on the summit 3 hours and then got a car ride down. On Thursday I did the same kind of training apart from walking the last two miles. On Friday I took the workman's train up to the timber line and went for a walk, taking cine film of wild life and the scenery. Its a wonderful part of the world and a bit like Switzerland. It was lovely and sunny when I arrived at the summit but then it clouded over and the temperature dropped 30° in as many seconds. I managed to get a lift down the mountain and by the time we reached Maniton Springs the weather had turned to a violent hail storm. Everywhere was white within minutes and the road flooded. Saturday was dry but with quite a bit of cloud and a few outbreaks of thunder. I hoped it would last over Sunday, the race day, but no such luck.

I turned out at 6.0 a.m. on Sunday morning and had a light breakfast. By 6.30 a.m. the sun was shining out of a cloudless sky and no breeze. By 7.15 I was ready for the race so up the road I went to warm up. I hadn't gone far when I was overtaken by an Indian girl. Most demoralising! I thought if she can go like that what can the men folk around here do? I was soon to find out! Back down to Maniton and they were all there lined up and ready for the off. So this is it. Off with the track suit and get stuck in lad.

The gun went and we were off. For the first half mile I was up with the leaders. They were running easily but I was struggling as soon as we got onto the forest trail. It seemed I could not get enough oxygen in to keep the heart going. My legs felt heavy and I just had to drop my pace. About 30 runners passed me but after about 3 miles I got going again when a little breeze sprang up. I stopped at a spring for a drink and away I went passing a dozen runners before reaching the summit in 2 hours 41 minutes. I stopped at the summit for about 3 minutes for a drink and to clear my head then set off down going well and relaxed. I hadn't gone far before I started passing runners and I was getting plenty of encouragement from the other runners going up. My head was still thumping hard. It was my heart pumping blood. It was so loud that every time I passed a runner going down I though I was being overtaken because the noise in my

head was just like the noise of a runner's feet plodding past!

I came down well for about seven miles and then the heat got me. It was so still and warm that I just could not get enough oxygen in to keep running fast. At this point I was 8th and still making up ground. I could see another two runners through an opening in the trees. I must have them so I lengthen my stride again and as I pass them they seem to die. Next thing I'm back in Maniton. The only problem is I don't know where the finish is. I go to the start into the station yard. No one there. I find a policeman. He sends me down the road and $\frac{1}{2}$ a mile later the finish. A welcome sight. I make for the shade. The sun is too hot for me. I take the stones out of my shoes. I take my shoes off and stand on the road in stocking feet. It burns my feet so I put them back on again, quickly. My running time after my 3 minutes stop at the top, is 1 hour 23 minutes. The winner took 1 hour 30 minutes so at least I managed to put something together coming down. The winner, Trujillo, took 3:41. My time:- 4:07.

No result sheet was available and I could not get times from the organiser Rudy Fahl. The organisation was very bad and everyone complained but no one was prepared to do anything about it.

Joss.

THE SIERRE TO ZINAL RACE 1975

by Harry Walker

I was pleased to accept the invitation to run in the Sierre to Zinal race on 10th August, 1975, and we decided to take our holidays to include the race on the middle weekend.

Also invited were Jeff Norman, Joss Naylor and Ian Thompson.

The race - to give it it's correct title - "LA COURSE DES CINQU 4000 m's.", is a distance of 28 km. (18 miles). The start is at about 1000 feet. The highest point is about $8\frac{1}{2}$ thousand and finishes at about 6000 feet. It is a severe course but there are good tracks and it is well marked throughout. It was an extremely well organized event.

The race has categories for Juniors, Seniors, Elites,

Veterans (over 40's and over 50's) and walkers.

The start was at 7.30 a.m. It was not as fast as the previous year, as there was an extra $\frac{3}{4}$ mile of road with a steady rise, to begin with.

Ian Thompson ran steadily as we started the climb proper, with Moser 2nd. I was 4th and Jeff about 12th. Ian's lead did not last long though. Moser went into the lead and stayed there until $\frac{1}{2}$ mile from the finish. I got past Ian after about 500' of climbing with Moser and 3 others ahead. After about 5 miles at Chandolin (approx. 7000 feet) I moved into 4th place and then back to 5th as Ian shot past me on the broader tracks. Jeff was 12th and Joss struggling in the 60's, feeling considerably the strain of the Pikes Peak race the week before. From now on it was just gentle climbs although they felt like mountains at the time!

At the feeding stations it was cold as it was now raining so I poured the warm drinks down my back to warm me up!!

I now pulled back 2 more runners who were virtually walking - coming into 3rd place, before the Weisshorn Hotel (just before the highest point of the course). Thompson was about 40 seconds behind Moser and I was about a minute behind him. Jeff was beginning to make his effort and was working his way through the field. Joss too, was making progress.

Thinking that I had 3rd place in the bag, I suddenly heard footsteps too close for comfort behind me. I looked back and saw Jeff. He asked me if he could come past, as we were on a very narrow track. I'd been having twinges of cramp for the last few miles and could do nothing but stand **aside** and let him pass.

Although I was going flat out, Jeff was getting well away and caught Ian before the big descent. At the bottom of the descent he caught Moser. With twinges of cramp he sprinted down the road to victory. When I arrived, in 4th place, he and Moser were nursing a bouquet of flowers each. It was pouring with rain and I felt very disappointed, as I'd run hard and finished a place lower than last year.

Meanwhile, Joss was doing battle on the hills, forging

ahead, to finish a creditable 29th position. Ian also said he was satisfied with his first fell race.

Great Britain had the 1st team prize in the bag with 1st, 3rd and 4th places.

We then returned to the hotel, for a relaxing swim in the pool before going on to the festivities and the prize giving, late in the afternoon. And so it was over.

I was disheartened, I'd run a hard race, but I was beaten by 3 very good runners who all deserved their places, and anyway, I still had another week's holiday to look forward to.

* * * * *

The following has been extracted from a very comprehensive result brochure. There were no less than 469 finishers in all classes, including 9 women. Jeff Norman's time of 2.48.20 is a new course record and G.B. won the international team race (Norman, Thompson and Walker).

1.	J. Norman	G.B.	2.48.20
2.	A. Moser	Switz.	2.48.46
3.	I. Thompson	G.B.	2.49.40
4.	H. Walker	G.B.	2.50.47
5.	O. Paolinelle	Italy	2.51.31
19.	L. Carrol	Wirral	3.01.29
29.	J. Naylor	G.B.	3.07.49
388.	Margaret Thompson		4.25.32

A NORWEGIAN EXPERIENCE
by Brian Finlayson

With a background of spasmodic training over the last 9 months to June 1975, due to a heavy examination programme, I set off for Norway at the beginning of July with a double objective of obtaining material on the Norwegian scenery and having a look at the Norwegian mountains. In an arrangement with a fellow student I also intended taking in a race at Trondheim which lies 400 miles north of Oslo on the West Coast.

Having had a reasonable season to date but one rather short in stamina races, I was feeling nevertheless fairly confident of showing the Norwegians how high the standard was in British fell running. Arriving at

Svein's home the night before the race, I was told we were going to a party but not to worry, we would be home just after mid-night, in time to get in some sleep before getting up at 5.00 a.m. ! The idea was that the local club of which Svein was a member, had hired a bus which would take us to the start and collect us at the finish, the race being a one way 15 miles. I can relate nothing of the journey to the start because for once I didn't really feel like playing tourist. All I can say is that the bus followed miles of forest track and arrived, on a cold windy day, in what appeared to be a fairly inhospitable place at about 10.00 a.m. Now you might think - do the Norwegians really need all day to run 15 miles? Well to be frank I got my eyes opened. The programme showed a total of some 1200 runners split into different age groups. Some groups merely checked in at the start in their own time and walked over the course at will. Hence the early start for ourselves.

Our own race was due to start in 4 hours and I was told the field included the Norwegian Cross Country ski champion, who had earlier that week, annexed the equivalent of the county track championship at 800 m. 1500m. and 5000 m., the 800 in 1.58! I was now feeling apprehensive and wishing I was back in bed. Shortly before the start a Norwegian television crew appeared on the scene and at 2.00 p.m. the race got underway.

The race followed a marked trail and covered what we would in the U.K. regard as a very tough cross country course. The course was very heavy in mid race, a stage which also covered the major undulations, before reaching a fast 2 miles over a sandy track to the finish. All told there was little more than about 1000' of ascent but the terrain made it into a very tough event. There were about 70 runners and I settled into the first dozen initially, thinking the leaders were going too fast and would come back to me. They didn't and I found myself struggling to get with them. At mid race I had pulled in the leaway and was lying 5th some 30 yds adrift. Unfortunately I was also feeling shattered! The rest of the race was sheer misery as I plodded on, slowly but surely getting further behind the leaders. Eventually I staggered up the home straight, having crossed the border into Sweden 2 miles from home. Svein was at the finishing line, having passed me 3 miles from home. He told me

that the Swedish announcer had just welcomed me into the finishing tunnel as the first Scot to finish the race. I would have felt better at the end of the race if they had welcomed me with a bed!

That night I watched the 5 minute coverage on Norwegian T.V. and the following morning there was immense coverage in the newspapers, with the winner's picture (The Ski Champion) appearing on the first page and the first 2/3 of each category of runners appearing on the inside pages. As to my own position, suffice to say I didn't get a mention in the newspaper.

As to whether I go back to try and regain some lost face next year, as I swore I would when finishing the race, I don't know. What I can say is that the standard is very high and I feel sure if the leading Norwegians came over they would certainly give our top runners a fairly difficult time. If any readers do go over and race in Norway next year please, please make sure you are superbly fit - our prestige has already suffered a major set back!

LAIRIG GHRU RECORD ?

Alastair Scott (Lochaber) writes:

"Two weeks ago (Sat. 21st June, 1975) I ran the Lairig Ghru from Braemar Police station to Aviemore Police station in what I believe is the fastest time yet for this 28 mile run? I completed it in 3 hours 20 minutes timed by the police and I enclose a copy of their official stamps and recording of the times". (Currently held by the magazine editor). Alastair continues:-

"I write merely for my own interest, to see if this is the fastest time as I believe a Dutchman ran it in 4 hours 28 minutes and Eddie and Ronnie Campbell ran it in 4 hours 8 minutes about a month before me. I also write in the hope of encouraging others to try it, as it is a wonderful run, given the weather conditions that I had, sun and a cooling breeze.

The first 6 miles are on metal roads, and it was possibly the most frustrating part as I knew I hadn't actually started to run the Lairig Ghru but was wasting energy before the graft even started. The first few miles

were however ~~enlivened~~ by the sight of a herd of deer swimming across the river Dee, a sight I felt worthy of the traditional "Royal Deeside" picture postcard scene.

There followed a rough, typical Forestry Commission road for 3 to 4 miles up to Derry Lodge. Here the road disintegrates into a path riddled with stones and old tree roots.. Then comes a climb and about 4 miles from Derry Lodge you drop down into the Lairig Ghru, below the 'Devil's Point' which towers above you. The path here is just rubble with bogs in between and very tricky running indeed. The obstacles break up rhythm and twist ankles from side to side.

After another few miles the climb up to the 'Pools of Dee' begins on equally rocky ground. You reach this, the highest point on the run and run along a sort of plateau in the pass with Braeriach and Ben Macdhui, towering 4000 ~~footers~~, on either side of you. The pools of Dee constitute one of the biggest temptations to stop. They are surrounded by boulders which make running almost impossible and the path would be invisible were it not for the old cairn, rocks amongst rocks! Having broken up your rhythm and concentration, the crystal clear pools have the purest water I have ever seen or ~~tasted~~ and deliciously cold.

The track now descends into the Rothiemurchies Woods with the deceptive and elusive Strathspey Hotel appearing in the background. Miles of beautiful old Caledonian pine go by, their roots once more reaching out to trip you, until you hit the ski road and the 3 to 4 mile slog to the end has at ~~last~~ been reached.

Its a good and safe run, with three bothies for shelter en route, albeit an awkward one as regards transport back to Braemar!

* * FLYING DUTCHMAN IN THE LAIRIG * *

In October 1974, Ultra- distance runner Jan Knippenberg, became the first person to run across the Cairngorms from Aviemore to Braemar and back, via the Lairig Ghru Pass, a total of 56 miles. Weather conditions were poor. Running through rain, hail, sleet and snow, he took $4\frac{1}{2}$ hours for the outward journey and 5 hours 55 minutes to return. The previous year he set

up a record for the one way journey, Braemar to Aviemore of 4 hrs. 9 mins. Jan thinks it is possible to run the double distance in 9 hours in Summer conditions!

** LONG DISTANCE ACHIEVEMENTS: 1975 **

- JUNE 22/23 = New 24 hour Lakeland Fell Record = 72 Peaks in 23 hrs. 11 mins. by Joss Naylor (Kendal A.C.). Heatwave conditions.
- JULY 18-21 = New Pennine Way Record of 3 days, 1 hr. 48 mins established by Peter Dawes (Kendal A.C.).
- JULY 26/27 = 55 Lakeland Peaks in 23 hrs. 20 mins, by Bill Smith (Clayton-le-Moors Harriers). 85 miles = 33,000 feet. Mainly cloudy.
- AUGUST 17 = First Lake District Ridge Traverse (from Ennerdale Water to Shap Village) = 50 miles over 28 Peaks and 6 passes in 14 hrs. 15 mins by Dave Meek (Keswick A.C.).
- JUNE 21/22 = 61 Lakeland Peaks exceeding 2,500 feet in height traversed by Ken Brooks (Leyland Motors A.C.), Peter Dawes (Kendal A.C.) and Jim Loxham (Clayton-le-Moors Harriers) in 42 hrs. 19 mins. (including overnight stop at Buttermere). Total ascent of 42,000 feet over 113 miles from Kentmere Church to Dow Crag, Coniston.
- MAY = 10 highest Lakeland Peaks by Joss Naylor 6 hrs. 56 mins.
- JUNE = 'Lakeland Threes' by Joss Naylor 7 hours 30 minutes.
- JUNE = Snowdon Horseshoe by P. Jones of Bangor. 1 hour. 20 minutes. Previously 1 hour 36 minutes by the late Eric Beard.

** JOSS NAYLOR SETS NEW LAKELAND 24 HOUR RECORD **

BY BILL SMITH

For his annual attempt at a long-distance fell record outside normal fell racing, Joss Naylor this year chose to return to the Lakeland 24 hour record. Possibly his choice was instigated by the fact that former 24 hour

record-holder Alan Heaton had last year come dangerously close to cracking the 63 peaks record established by Joss in 1972 = Alan had completed a round of 64 summits but had taken slightly longer than 24 hours.

Joss made his attempt on Sunday and Monday, June 22nd/23rd, in gruelling heatwave conditions and succeed in "bagging" a fantastic 72 peaks in 23 hours 11 minutes. He set off from Lairthwaite Road End, Keswick, at 07.07 hours on Sunday morning and reached his first summit, Lonscale Fell 37 minutes later. Skidda' Little Man and Skidda' followed in quick succession, then five peaks in the lonely "Back O' Skidda'"country, including four not touched in previous 24 hour circuits = Little Calva, Great Sca Fell, Knott and Coombe Height. The fifth peak was, of course, Great Calva, while the other one in this section was Blencathra, from whose summit cairn Joss made a fast descent down Hall's Fell ridge to Threlkeld, where he arrived at 10.08 hrs.

The next section was that normally traversed on the "Bob Graham Round" with the addition of two more "new" peaks, Hart Crag and Greatrigg Man, though the latter had in fact been one of the 56 peaks traversed by Eric Beard in 1963 and had also formed part of Peter Dawes' 52 peaks circuit in 1974. Joss arrived at Dunmail at 13.30 hrs. and after a 4 minute break set off up the steep, grassy slopes of Steel Fell. This is usually a fairly easy section, terminating on 42-plus circuits with a refreshment break outside the ODG in Langdale. Joss had other ideas on this occasion, however, for instead of dropping into the valley from Loft Crag, he followed the Bob Graham course from Pike O' Stickle across Stake Pass to Rossett Pike, one of the less important of the original 42 peaks, which Beard, Heaton and Naylor had excluded from their own 42 plus circuits.

He had a 7 minute break at the top of Rossett Gill before heading for Bowfell, Red Howe, Cold Pike and the long rocky traverse of the Crinkles and Scafells. He came off Lingmell to Wasdale Head at 20.37 hrs. and rested for 12 minutes while gathering his strength for the gruelling ascent of Yewbarrow. "I always reckon I'm halfway round when I get to the top of Yewbarrow", Alan Heaton once joked to Harry Griffin during a record attempt starting from Wasdale Head - "Its the first one you do and the worst, and I generally go up in a sort of daze."

(As quoted in Long Days In The Hills p. 93) Beyond Yewbarrow lay another long section of rock and scree, with plenty of short, sharp climbs such as Pillar, Kirkfell and the Gables, and then the way-out detour to Base Brown on the way to Brandreth and Grey Knotts.

Honister was reached at 01.00 hrs. on Monday morning and ahead now lay easier terrain on the comparatively smooth, grassy fells around Newlands and Coledale. 5 hrs. 18 mins. later, Joss returned to his starting point at Lairthwaite Road End with a new record which, to quote a report in the "Westmorland Gazette", will "stand the test of time". Or will it?

When Joss established his Pennine Way record last year, it was generally acknowledged that such a feat would not be improved upon in his own lifetime, yet just over a year later, along comes Joss' Kendal A.C. club-mate, Peter Dawes, and knocks almost three hours off it. It would therefore seem unwise to regard 72 peaks as the ultimate achievement for a 24 hour circuit.

(And what about those spare 49 minutes? the lazy beggar had time to add a few of the Coniston tops as well).

While working up to his 24 hour attempt, incidentally, Joss established two other fell records on solo runs. In May, he traversed the ten highest peaks in the Lake District in 6 hrs. 56 mins. thereby slicing an hour and one minute from the previous record. Starting at Burnthwaite Farm, Wasdale Head, the course took in Great Gable, Scafell, Scafell Pike, Broad Crag, Ill Crag, Great End, Bowfell, Helvellyn and Skidda' Little Man, and finished on the summit of Skidda'.

In June, he went round the "Lakeland Threes" - Skidda', Scafell, Scafell Pike and Helvellyn - in 7 hrs. 30 mins, which was 54 minutes faster than he did it in the 1970 Ramblers' Marathon. (The booklet, Joss Naylor - Fell Runner Extraordinary, gives his 1970 time as 8 hours, 20 minutes, but surely it was 8.24?)

* * BYSTANDER'S ADVICE COLUMN * *

A few words about the author. Been going on the hills for nearly thirty years, long before some of the whizz kids of Fell-running were out of their nappies. Still in training but unfortunately, a gammy knee has prevented me from reaching the top this season - you

know how it is.

Listening to the fell-runners after the races I've heard a lot of good advice which I will try to pass on. Now everyone knows about salt tablets for cramp and little plastic bottles of water carried to stop the dehydration but a bottle of water won't get you round a twenty-mile course if you've tried to blast everyone off and burned up all your energy by the second check point, so just take it easy and let the others get well in front. If you've already supped your water you can always fill it up from that hidden little spring just below the summit of-of, I've-er-forgotten the name, but you probably know where I mean. Then there's the pools, the green slimy ones, with bleached skull and bones littered around. I don't advise anyone to drink out of those, not even my best friends, so if you're feeling dehydrated, stagger on to the next checkpoint and retire there. Footwear - always wear your oldest, most tattered pair. This gives you an impressive air of an experienced top man, and if you come well back at the finishing line, you can always take your shoe off and say the bloody thing fell to pieces, or that the worn soles had no grip on that rocky section. The bandaged knee comes in useful too, after you've confidently predicted at the start that you'll win and then come in tenth or twentieth, you can limp agonisingly down the final hill and get some sympathy.

You have to watch the other competitors closely in the mist. If they are just ahead of you and then drop back to tie a lace, next time you look around they will have disappeared into the Lakeland mist in a different direction, on a little detour, a mysterious short cut, and you are left in a state of indecision whether your way is quicker, or whether he's discovered a faster route. By the time you've got your map out of your knotted-up caggy and tried to unfold it in a Force 8 gale, six more runners will have passed you, so tag along behind them and you could end up in the next valley. Then there's that runner who steps in your every footstep, heavy breathing down your neck, making you lose your rhythm and concentration as he gets nearer your damaged Achilles tendon, just step aside before you get trampled on and let him thunder past.

Of course, heatwave conditions as in the Edale

provide different problems, where some of the best had to retire as energy gave out, injuries, got at by the sun, stomach upsets and seeing double. And have you met that runner who's so busy with his 100-120 mile a week training schedule he hasn't time to enter races, (that's one less for you to pass) but being a wizard at calculations, his conversations always start 'if I'd run in that race, I should have been.....'

You have to learn to make your own analysis of the form of the top runners. There are those whose running is so consistent that they always come in the first hand-full. Take that well-known farmer, what's-is-name, JOE WASDALE from Naylor, who told me himself at the Wansfell Race in the New Year that he'd had 'ower much beer' but he still managed to come in second.

Just been out for a short run, and with a bit of luck, I'll be up on top next season, that is providing the knee improves

For various obscure reasons the author wishes to remain anonymous.

* * GROWING DEMAND FOR WOMEN'S RACES * *

Judging from some past performances, there seems to be a growing demand for fell events for women. Among the fine performances recorded in 1974 mention should be made of Miss L. Mitchell's excellent time of 13 hrs. 45 mins. (position 24th out of 183) in the Lakeland Four 3000 ft. Peaks event; Carol Walker's 5th position in the Standard "b" Class of the Two Day Mountain Marathon; Anne Bland's 15th position in the same event; Joyce Evans and Ann Kelly's 17th position out of 52 in the same event; Joan Glass's winning time of 3 hrs. 2 mins. 33 secs. in the Welsh Event on June 1st. Other positions and times in this race were : 2nd Carol Walker 3.12.15: 3rd M. Duncan 3.15.10: 4th Mary Blakemore 3.24.20: 5th Anne Bland 3.46.00: 6th E. Lukes 3.46.20.

* * MAY 1976 JOURNAL CONTENTS * *

It is hoped to include reports on those 1975 events not included in this issue, in the next issue in May. Notable amongst the results missing from this issue are the Carnethy, Eiledon and Mamore from Scotland, the

Pen-y-ghent and Harden Moss in Yorkshire and the Clitheroe and Pendleton in Lancashire.

It is also intended to include a detailed report on the classic 2 men, 2 day Karrimore mountain marathon, the Winter events Blisco Dash, Wansfell and 1976 Carnethy, and the Spring events upto and including the Pendle. This will make space for a more detailed coverage of the ever growing summer events list, in the November 1976 issue.

To achieve all this we need your subscriptions and more race result and report scribes. Also I would be most grateful for a good quality action photograph of one of the leading fell runners, preferably Mike Short in action in one of last summer's events. This of course would be used as the cover photo' in the May issue.

Additional material for the May issue includes detailed notes on the 'Bob Graham round' and more book reviews from Bill Smith; details of Dave Meek's Lakeland ridge traverse, an Orienteers account of the Vaux mountain trial and two humerous articles by Guy Goodier.

A final word to race organisers. If your event is in June or later, the May journal would be a good way to advertise, as it goes out to the full membership which now exceeds 500, (see the details of special rates elsewhere in the journal).

The Editor.



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